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SO A FREELOADING, HAPPY-GO-LUCKY NEWFIE WALKS INTO A BAR ...

... AND THE NEWFIE SAYS, 'I THOUGHT WE WERE PAST SUCH BASE AND ERRONEOUS STEREOTYPES' PAGES 16 & 17

T.O. transit — we love to hate it, they'd love to have it

Report calls Toronto transit the best in the country PAGE 3

Miracle baby gets a name

Child who started breathing on her own after efforts to revive her failed is dubbed 'Mireya,' a Spanish name meaning 'miracle' PAGE 10

Emergency plan lauded after NHLer's cardiac event

Dallas Stars' Rich Peverley aided by swift action PAGE 38

NEWS WORTH SHARING.

Deplorable homes for at-risk families

Squalor. New report details highrise hell for low-income people

Overcrowding, elevator breakdowns, broken door locks, persistent pests, peeling paint and the ever-present worry about rent.

That is the growing reality for families with children living in Toronto's aging highrise apartment towers that dominate the city's low-income neighbourhoods, according to a University of Toronto study being released Wednesday.

It is the first attempt to define and measure inadequate housing, hidden homelessness and the risk of homelessness among families in these communities, where about half of the city's tenants live.

Preliminary findings, released last fall, showed that as many as nine in 10 of these families are at risk of homelessness.

The full study paints a broader picture of the housing crisis facing these low-income families by delving into their immigration status, income, education, health and social networks.

The physical and social conditions in these buildings, built between 1950 and 1979, affect health, well-being and children's development, the report says. But most families can't afford to move anywhere else.

When they lose their housing due to eviction, family violence or other factors, they tend not to go to homeless shelters. Instead, they become part of the "hidden homeless" by doubling-up with other families, the report says.

The report recommends a national housing strategy with federal dollars to fund new affordable housing, a provincial housing benefit to help low-income residents offset high rents and inclusionary zoning to ensure every residential development includes a certain percentage of affordable housing. It also calls for strengthened enforcement of landlord obligations and tenant rights.

"Ensuring safe, affordable housing is one of the most basic building blocks for making this a great city for every resident in every neighbourhood," said Pedro Barata, of United Way Toronto.

TORSTAR NEWS SERVICE

Population

The study reveals that ethnic-minority or immigrant families make up more than 80 per cent of these highrise communities and that 37 per cent are headed by lone parents.

- By contrast, half of all Toronto residents are immigrants, while only about 30 per cent are single parents.

SORROW AND WRATH

People protest the death of a teenager who was in a coma since being hit in the head by a tear-gas canister fired by police during anti-government protests in Istanbul last summer. Violence erupted across the country on Tuesday as Turkish police clashed with thousands of protesters. See story, page 15. EMRAH GUREL/THE ASSOCIATED PRESS

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Toronto Hydro. Pay up, or spend time in the dark

Toronto residents can expect their hydro bills to jump by about $1 a month in May because of a rate increase granted to Toronto Hydro.

But the company wants to charge increases more than double that amount in each year from 2015 through 2019.

It warns that if it doesn't get the accelerated increases starting next year, a typical resident will spend an extra 44 minutes a year sitting in the dark.

The Ontario Energy Board granted Toronto Hydro an increase on Tuesday for its 2014 rates. It means a customer using 800 kilowatt hours a month, who now pays $124 monthly, will pay $1 a month more. (The figure doesn't include GST or the Ontario Clean Energy Benefit — a 10 per cent rebate.)

Toronto Hydro, owned by the City of Toronto, says it will need steeper increases for the period from 2015 to 2019 if customers want better service.

In material filed with the board, Toronto Hydro says it will need increases averaging $2.35 a month for a residential customer in each year from 2015 to 2019 in order to modernize its system.

The Ontario Energy Board has ordered the company to survey customers about the proposed increases. Toronto Hydro has complied by posting a "workbook" that includes the company's rationale for a rate increase. It stresses their contention that it needs to spend heavily to upgrade an aging system — an argument the energy board has not wholly accepted in the past.

TORSTAR NEWS SERVICE

Tame the tiger to tame the tots

Butch, a Siberian Bengal tiger mix from the Bowmanville Zoo, performed at the Wizard World Fun Park inside the Better Living Centre in Toronto on Tuesday afternoon. The indoor carnival runs through the spring break week and includes a live animal show, a petting zoo, a magic act and rides for children of all ages.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

T.O. tops in transit?

A fine line. Montreal and Vancouver came second and third

Public transit may be a frequent gripe for Torontonians, but a new ranking of Canadian cities based on transit availability has the city in the top spot, just beating out Montreal and Vancouver, while other GTA and Ontario cities failed to crack the top 10.

Thirty-four Canadian cities were given a number between 0 and 100 that took into account a variety of services (bus, light rail, subway), frequency of routes and number of stops. Toronto scored a 78, Montreal notched a 77, while Vancouver rounded out the top three at 74.

The list was compiled by Walk Score, a Seattle-based company that aims to help people find places to live based on walkability. The online service branched into transit scores for U.S. cities earlier this year, and Tuesday marked the first time such numbers are available north of the border.

"To have a great transit score you usually need to have a mix of rail and bus nearby," said Walk Score co-founder Matt Lerner.

"Toronto has a lot of neighbourhoods with a great transit score," he continued, noting the city has about 25 neighbourhoods that score more than 90, earning them the title "riders' paradise."

"Being able to walk out your door and be at your destination quickly via transit is beneficial for a number of reasons," added CEO Josh Herst. "Whether that's your job, or school or restaurants or friends, it's good for your wallet and your overall happiness" — nobody likes to be stuck in traffic.

Herst and Lerner were also quick to point out how well Toronto fared compared to the U.S., outscoring every city except New York and San Francisco.

"The city really just has excellent transit," said Herst.

Despite Toronto's success, others in the GTA failed to impress. The next highest was Brampton with a 48, a score Herst said correlates to "some transit, but you really need a car to accomplish your daily errands."

TORSTAR NEWS SERVICE

Waiting for a bus ...

- Richmond Hill earned a 45, while Milton ranked lowest at 15.
- Scores between 0 and 24 come with the title: 'It is possible to get on a bus.'
- Mississauga was originally in the list at 16.5, but that score was withdrawn because some of the city's transit agencies were not accounted for.

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Rivals down on Chow after taxpayer-funded mailout

Out of bounds?
John Tory campaign alleges people outside MP's riding are receiving flyers

Olivia Chow arrives on the red carpet at the Canadian Screen Awards in Toronto on Sunday. Chow's taxpayer-funded flyers has rattled her rivals. CHRIS YOUNG/THE CANADIAN PRESS

When Olivia Chow becomes an official mayoral candidate, her campaign will have to pay for its own promotional mail. That money will count against her campaign spending limit.

But Chow is not yet an official mayoral candidate. As a Member of Parliament, she is entitled to send out four taxpayer-funded "householder" flyers per year to all of her Trinity-Spadina constituents.

She sent one out very recently. David Soknacki's campaign manager Brian Kelcey posted it on Twitter. John Tory's camp pounced.

"We have serious concerns about Ms. Chow's use of taxpayer dollars," said Tory spokeswoman Amanda Galbraith. "We're hearing from people outside of her riding that are receiving these flyers. Ms. Chow says she understands the value of a dollar and yet she's using taxpayer money to promote herself ahead of her anticipated entry into the race next week. What kind of an example is this setting for council and employees of the city when it comes to expense accounts and their use?"

Torstar News Service doesn't have any independent evidence that flyers went to anyone outside of Trinity-Spadina, which would break the rules. Chow's office wouldn't immediately say when exactly the flyer was sent out or how much it cost.

The flyer says Chow is "working together for you," and that she is "cutting red tape" and pushing for "jobs for young people."

TORSTAR NEWS SERVICE

Quoted

"Ms. Chow says she understands the value of a dollar and yet she's using taxpayer money to promote herself ahead of her anticipated entry into the race next week."

John Tory spokeswoman Amanda Galbraith

Leaving the House

Chow to launch Toronto mayoral bid Thursday?

The Canadian Press has learned that Olivia Chow will resign her seat in Parliament as she sets her sights on replacing Rob Ford as mayor of the country's largest city.

The New Democrat MP intends to submit her resignation early Wednesday to the Speaker of the House of Commons.

She plans to formally launch her mayoral campaign Thursday in the inner city Toronto neighbourhood in which she grew up, St. Jamestown.

Jamey Heath, who will be communications director for Chow's campaign, says the former city councillor will be the only "progressive" contender in the already crowded race.

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Mayor Rob Ford at the Austin City Limits music festival with, from left, Invest Toronto chief executive Renato Discenza, Music Canada executive Amy Terrill, Coun. Michael Thompson, Coun. Gary Crawford and Coun. Josh Colle last October. Toronto and Austin signed a "music city" alliance during Ford's visit. DANIEL DALE/TORSTAR NEWS SERVICE

Toronto sees little presence at SXSW

Music scene. Not nearly the official Toronto presence one might expect on the streets of Austin

Quoted

"From the industry level in Austin, there's a lot of interest, and I think the frustration is things move a little bit slowly."

Amy Terrill, of the industry lobby group Music Canada

Seeing as how Toronto and Austin signed a "music city" alliance back in October, you'd think the 2014 South by Southwest festival would be awash in evidence of our two cities' newly strengthened relationship.

Yet, as the music portion of SXSW kicked into gear on Tuesday, there's not nearly the official Toronto presence one might expect on the streets of Austin.

The sole event actually bearing the City of Toronto stamp is a late-afternoon showcase titled Toronto Turns Up.

Amy Terrill of the industry lobby group Music Canada and Toronto's recently minted Music Meets World music-marketing campaign will be conducting business with movers and shakers in the Austin scene on "a more informal basis" during SXSW.

"From the industry level in Austin, there's a lot of interest," she says, "and I think the frustration is things move a little bit slowly." **TORSTAR NEWS SERVICE**

Setback for leukemia patient as donor backs out

The stranger who was Chris Taylor's latest chance at beating leukemia has backed out and Taylor doesn't know why.

Taylor was diagnosed with leukemia in May 2012 and has been waiting, since July, for a bone marrow donor from OneMatch, a program run by Canadian Blood Services, which matches potential stem cell donors to unrelated patients around the world.

Donors sign up for free. They fill out forms and swab the inside of their cheek and their genetic profile is entered into the OneMatch database. If they're a match for someone, they'll get a call. Usually, that call comes years later when a stranger with a matching genetic profile needs help. When that happens, they will donate their stem cells from their blood or bone marrow, using a safe procedure.

Last fall, a donor was found, but couldn't donate for medical reasons. In February, he was told there was a second match.

"I just got a phone call from doctor saying that donor backed out. I'm back to square one," he said. "My cancer's in remission right now and as long as it stays there long enough in time to find another match, hopefully it will work out OK."

It is difficult to think about someone backing out of the procedure that could save his life.

"I'm not even trying to think about that because it doesn't do me any good," he said. "My fiancée and my family are pretty upset."

OneMatch spokesperson Olga Pazukha said that patients aren't given the reason why a match decides not to go through with a donation.

"It's a very personal sort of choice, it's difficult for me to say why people might choose not to proceed with the donation once they're selected as a match, but certainly it does happen," she said.

Metro has been writing about Taylor since last summer, when he first contacted us to get the word out about what OneMatch is and how it helps people. And again this fall, his friends and colleagues at Grace O'Malley's hosted a "swab party" to find potential matches for Taylor and other patients.

JESSICA SMITH CROSS/METRO

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CONCORD
Vaughan Mills

GUELPH
Stone Road Mall

HAMILTON
Centre on Barton
Eastgate Square
Jackson Square Mall
Lime Ridge Mall

KITCHENER
Fairview Park Mall

LONDON
Masonville Place
Westmount Mall
White Oaks Mall

MARKHAM
9-570 Alden Road
3255 Highway 7 East, Unit 126
8339 Kennedy Rd, South Unionville SQ
Albion Mall
Markville Shopping Centre
Pacific Mall, Unit E28, C3

MIDLAND
Hugel Avenue

MILTON
Milton Mall

MISSISSAUGA
60 Bristol Road East
Dixie Outlet Mall
Erin Mills Town Centre
Sheridan Centre
South Common
Square One Shopping Centre
Westwood Mall

NEWMARKET
Upper Canada Mall

NORTH YORK
Centerpoint Mall
Fairview Mall
Yorkdale Shopping Centre

OAKVILLE
Oakville Place
South Oakville Centre

OSHAWA
Five Points Mall
Oshawa Centre

PICKERING
Pickering Town Centre

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1480 Major Mackenzie Drive East
Hillcrest Mall

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4438 Sheppard Avenue East, Unit 127
4675 Steeles Avenue East, Unit 1D18
Bridlewood Mall
Scarborough Town Centre
Woodside Square

ST. CATHARINES
Pen Centre Mall

THORNHILL
Rutherford Road
The Promenade Shopping Centre

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3015 Bloor Street West
2400 Eglinton Avenue
1911 Finch Avenue West, Unit K11
61 Hanna Avenue
333 King Street East
944 Kingston Road
1712A Queen Street East
290 Queen Street West
1448 Queen Street West
222 Spadina Avenue, Unit 3A
363 Yonge Street
2300 Yonge Street, Unit S22, concourse level
2674 Yonge Street
4841 Yonge Street
5150 Yonge Street, Unit G3
6064 Yonge Street
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Cedarbrae Mall
College Park
Dufferin Mall
East York Town Centre
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English exams. British cops bust 3 GTA residents over alleged fake passports

The three people charged by London police after allegedly using forged passports to write English proficiency exams for prospective students are from the GTA.

The exams are standardized tests used to evaluate a student's ability to use English in an academic context and are one of the qualifications required for acceptance into colleges and universities in Canada, police said. Once accepted to a school, study permits are granted or extended with Immigration Canada.

Acting on a tip from the Canadian Border Services Agency (CBSA), police arrested Alan Yan, 25, of North York, 39-year-old Li Huang of Richmond Hill and 27-year-old Mengshi Yue of Toronto.

Huang is also charged with public mischief for providing a false name to police to divert suspicion.

They've been charged with possession of a forged passport, possession of a forged document, personation at examination and personation to gain advantage.

It's alleged they attended the testing centre and presented a counterfeit passport that shows their picture along with the identification of the person that hired them.

They would then write the exam and receive a passing score, allowing the person that hired them to be admitted into the school.

SCOTT TAYLOR/METRO IN LONDON, ONT.

Greedy geeks

$7,000

Police say the average cost of being a test-taker for hire was about $7,000.

6th-floor escape attempt

Police pull up leaping suspect by his ankles

Toronto police had to grab onto the ankles of a fleeing suspect and yank the man to safety after he jumped from a sixth floor window in his attempt to get away.

Police say they were called to an apartment on Monday and found the man had tried to enter the home contrary to a court order.

They say a woman refused to allow him into the apartment but he forced his way in, locked the door and allegedly assaulted the woman by kicking, punching and choking her.

The woman was able to scream for help, eventually broke free and opened the door for police.

Once inside the apartment, police say they confronted the man, who then tried to get away by jumping from the window.

Police say officers were able to grab him by his ankles as he fell, preventing him from crashing to the ground below.

The man then continued to fight with police for 10 minutes until he was arrested.

A 28-year-old man faces multiple charges including forcible confinement and threatening death.

THE CANADIAN PRESS

Legalizing weed brings in the green stuff: Prof.

Tax revenue. U.S. test case shows regulation cash crop could provide a $60M public pipeline

SCOTT TAYLOR
Metro in London, Ont.

A London economist says that Colorado has proven what many have been saying all along: Legalize and regulate marijuana, and the tax dollars will come flowing in.

It's been estimated that in the first month of legalized weed sales, the state made a cool $2.1 million in taxes. That's outside of the $1.4 million it made taxing medicinal marijuana.

Ivey School associate professor Mike Moffatt said the tax works out to about 40 cents for each of Colorado's 5.2 million people.

"Assuming the usage would be similar among Ontario's almost 13 million people, the tax the government would earn would be around (a) lofty $5 million," he said.

That's for a single month, equating to $60 million a year.

"A lot of this tax money is money that would otherwise be going to drug dealers and organized crime," Moffatt said. "Instead of financing that, why not finance schools and hospitals and all the things our society needs?"

He cited a Fraser Institute report that stated the federal government could realize more than a billion dollars a year if pot was legalized.

But London West Conservative MP Ed Holder said he couldn't disagree more with the figures. Price, he said, will still create competition between the legal outlets and drug dealers.

"That does not go away because it's been legalized," he said. "The underground economy does not go away."

Plus, Holder said, he's never known of a situation in which a person using hard drugs didn't start off with marijuana.

"If you ask our local (police) chief if he thinks marijuana should be legalized, it would be interesting to get his reaction to that. I imagine he'd say no. The previous chief said no ... because it leads to other things," Holder said. "At what point do you put money ahead of principle?"

Hi-Times manager Mike Gin, who's been in the London head shop business for 25 years, argued it only makes sense for the government to cash in.

"It's a revenue generator, so why lose the money if they can tax it?" he asked. "They could regulate it like cigarettes so that people under a certain age couldn't buy it."

Hi-Times employee Ben Richer helps a customer Tuesday at the Richmond Street store in London. The shop's manager is among those well aware that marijuana sales could be a cash cow for the government. ANGELA MULLINS/METRO

Protecting the wrong people

"A lot of this tax money ... would otherwise be going to drug dealers and organized crime.... Instead of financing that, why not finance schools and hospitals ..."

Ivey School associate professor Mike Moffatt on marijuana legalization

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‘Miracle baby’ is doing well — and has a name

Mireya. Halifax mother whose newborn was declared dead settled on a Spanish name that means ‘miracle’

RUTH DAVENPORT
Metro in Halifax

The mother of the “miracle baby” born at the IWK Health Centre in Halifax this week says the baby appears to be making a steady recovery — and yes, she has a name.

Robin Cyr’s child wasn’t breathing when she was delivered around 3 a.m. March 8 after a complicated birth.

The baby was declared dead after about 25 minutes, Cyr said — but suddenly started breathing on her own after staff stopped trying to revive her.

The newborn baby girl on Sunday in the neonatal intensive-care unit at the IWK Health Centre in Halifax. JEFF HARPER/METRO IN HALIFAX

On Tuesday, Cyr said she had settled on a name for the big newborn: Mireya, a Spanish name that means “miracle.”

“I’ve seen her open her eyes for the first time,” said Cyr, 34, during a phone conversation Tuesday afternoon, adding that doctors were pleased with the baby’s progress. “In maybe another four or five hours, I’ll get to hold her for the first time.”

Since Monday, when Metro first published Cyr’s story, it has been picked up by international media, including the British publication the Daily Mail and the New York Daily News.

But Cyr said she still hasn’t processed the reality of almost having lost her fourth child.

“It didn’t hit me yet,” she said, adding she’s been “very busy” with visits from friends and concerned relatives — all of which she’s trying to juggle around caring for her newborn.

Quoted

“It’s just kind of emotional ... just because of everything (Cyr’s) been going through. It’s just a hard thing to grasp.”

Anita Richards, “miracle baby” Mireya’s aunt

PQ. Independent Quebec would welcome Canadian tourists, says Marois

An independent Quebec would have no borders and would open its arms to tourists from Canada, Parti Québécois Leader Pauline Marois said Tuesday.

Marois was asked on the campaign trail whether an independent Quebec would be more attractive as a tourism destination.

“It won’t change our landscapes, that’s for sure,” she said. “We’ll still be able to go see the Rockies out west and go to Prince Edward Island and they’ll be able to come here. There won’t be any borders or tolls.”

Marois then said an independent Quebec would have more latitude and freedom but she did not immediately elaborate on the border issue.

Later in the day, Marois sought to clarify the border comments when she agreed with a reporter’s assertion that an independent Quebec would be like the European Union, where there is free movement of citizens.

“That’s what it means, but that’s not to say there wouldn’t be a (Quebec) citizenship and … a passport,” Marois said.

Parti Québécois Leader Pauline Marois walks to her campaign bus Tuesday after a press conference in Bécancour, Que. JACQUES BOISSINOT/THE CANADIAN PRESS

For his part, Liberal Leader Philippe Couillard said the PQ’s constant musings on Quebec’s future only serve to hurt the province.

“Every time they hint at a referendum, Quebec is weakened,” he said at a campaign stop in Trois-Rivières.

THE CANADIAN PRESS

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These images released by Malaysian police during a news conference in Sepang, Malaysia, on Tuesday, show, at left, an Iranian identified by Malaysian police as Pouria Nour Mohammad Mehrdad, who Malaysian authorities say is 19, although Interpol's information indicated an age of 18, and 29-year-old Iranian Delavar Seyedmohammaderza. The men boarded the now missing Malaysia Airlines jet MH370 with stolen passports. MALAYSIAN POLICE/THE ASSOCIATED PRESS

Missing jet last spotted off course: Malaysian military

Flight MH370.
Hijacking, sabotage and the pilots' psychological health are being considered

The missing Boeing 777 jetliner changed course over the sea, crossed Malaysia and reached the Strait of Malacca — hundreds of miles from its last position recorded by civilian authorities, Malaysian military officials said Tuesday, citing military radar data.

The development added confusion and mystery into what is emerging as one of the most puzzling aviation incidents of recent time, and it has raised questions about why the Malaysia Airlines flight apparently was not transmitting signals detectable by civilian radar or sending distress calls after it turned back.

Many experts have been working on the assumption there was a catastrophic event on the flight — such as an explosion, engine failure, terrorist attack, extreme turbulence, pilot error or even suicide. The director of the CIA said in Washington that he still would not rule out terrorism.

Flight MH370, carrying 239 people, took off from Kuala Lumpur at 12:41 a.m. Saturday, bound for Beijing. Authorities initially said its last contact with ground controllers was less than an hour into the flight at a height of 35,000 feet, when the plane was somewhere between the east coast of Malaysia and Vietnam. THE ASSOCIATED PRESS

The search

The search was initially focused hundreds of kilometres to the east, in waters off Vietnam, with more than 40 planes and ships from at least 10 nations searching the area without finding a trace of the missing aircraft.

- Earlier Tuesday, Malaysia Airlines said in a statement that search-and-rescue teams had expanded their scope to the Strait of Malacca.
- Attention will now likely focus on the condition of the Boeing 777's electronic systems.

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Venezuela protests

Mediation a possibility for Biden: Source

U.S. Vice-President Joe Biden has been discussing the "difficult situation" in Venezuela with other Latin American leaders attending Chile's presidential inauguration on Tuesday, and mentioned the possibility of mediation by third parties, according to a senior U.S. administration official.

The official, who was not authorized to speak on the record, said Biden told leaders that democracy is more than holding elections — that human rights, including the right to protest, also must be respected.

The official said Biden told them he stood by remarks this week to Chile's El Mercurio newspaper suggesting Venezuela's government is using "armed vigilantes" against peaceful protesters and accused it of "concocting false and outlandish conspiracy theories" of U.S. involvement.

THE ASSOCIATED PRESS

In Brooklyn, N.Y.

Haitians sue UN over cholera outbreak

Nearly 1,500 Haitians filed a lawsuit Tuesday seeking compensation from the United Nations for victims of a cholera outbreak that health officials say has killed more than 8,000 people and sickened over 600,000 in the impoverished Caribbean nation.

Scientific studies have shown that cholera was likely introduced in Haiti by UN peacekeepers from Nepal, where the disease is endemic.

UN Secretary-General Ban Ki-moon rejected a previous claim for compensation for cholera victims, citing diplomatic immunity, but announced a $2.27 billion initiative to help eradicate cholera in Haiti in December 2012.

The lawsuit filed Tuesday in Brooklyn federal court seeks compensations for deaths and illnesses and funding for clean water in Haiti.

THE ASSOCIATED PRESS

Crown to appeal sex assault case on bias

Defence calls it 'a distraction'. Lead detective's statement recounts fishy after-trial talk with judge

JOE LOFARO
Metro in Ottawa

An Ottawa lawyer says the Crown is "reopening a can of worms" by seeking to appeal a sexual assault case in which the judge discussed evidence he found on a dating website with a detective after delivering his verdict.

Céline Dostaler's client was acquitted on Dec. 18, 2013 after spending 14 months in custody facing charges of sexual assault and forcible confinement against his 43-year-old wife.

But in a January affidavit, Vikki Bair, Crown attorney for the City of Ottawa, said she was "very concerned" by what lead detective Erin Lehman said Superior Court Justice Timothy D. Ray had told her.

On Monday, the appeal court granted the Crown an extension to appeal the acquittals on the grounds of "reasonable apprehension of bias."

But Dostaler told Metro Tuesday the decision is a "distraction from my client's innocence."

"He was acquitted on the merits of a sexual assault and forcible confinement and I think this is more of a side track issue and it doesn't change the fact that I think the Crown didn't have the strongest case," said Dostaler.

Dostaler said she has not seen the Match.com profile in question.

"I think the judge's decision was proper and we had already had enough information to discredit (the complainant) and she was discredited in court," she said.

"(My client) is absolutely upset because he feels this is a distraction of his acquittal."

The accused was found guilty of assault and pleaded guilty to two breaches.

The matter returns to court March 19.

In numbers

According to Det. Lehman's statement, the judge had her come to his chambers after the trial and the following unfolded.

- **He said he had created a fake profile on the dating website Match.com the night before the verdict.**
- **He said he found evidence on the site that would have been able to 'hang' the victim with all the available information**
- **At the end of the conversation, Ray told Lehman she had been a "bright, happy face" in a somber crowd.**
- **He also said they should have lunch or coffee some time.**

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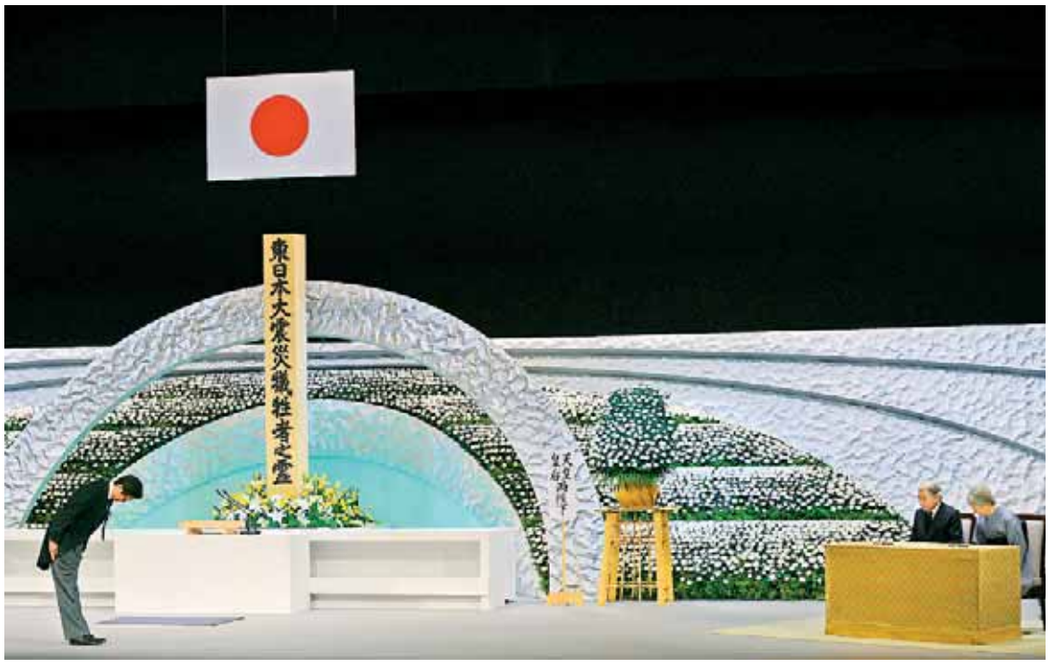

Japan pays its respects on tsunami's third anniversary

Japanese Prime Minister Shinzo Abe, left, bows to Emperor Akihito, second right, and Empress Michiko in front of the altar for the victims of the March 11, 2011, earthquake and tsunami at the national memorial service in Tokyo, Japan, Tuesday. Japan marked the third anniversary of a devastating earthquake and tsunami that left nearly 19,000 people dead or missing, turned coastal communities into wasteland and triggered a nuclear crisis.

FRANCK ROBICHON/POOL/THE ASSOCIATED PRESS

The Biebs in court. New trial date set for May 5

A May 5 trial date was set Tuesday for Justin Bieber in the Florida case charging him with driving under the influence, resisting arrest and possessing an invalid driver's license.

Prosecutor Daniel Diaz-Balart also said at a brief hearing that no plea offer has been made for the 20-year-old pop singer, who has pleaded not guilty. Bieber's attorney, Roy Black, also said there was no plea deal on the table and none had been rejected, even though first offenders in most similar cases are offered a plea to avoid potential jail time.

"All we're going to say is, we're going to prepare for a trial and that Mr. Bieber has pleaded not guilty," Black said.

The initial March trial date was postponed while attorneys for news organizations and Bieber wrestled with release of police videos of him giving a urine sample for a drug test. Those videos were made public last week with sensitive segments blacked out.

Miami-Dade County Judge William Altfield said Sharieff has a separate April 7 trial date on a DUI charge. He too has pleaded not guilty.

Black was also asked about a deposition Bieber gave last week in a lawsuit filed by a photographer who claims he was roughed up and threatened by one of Bieber's bodyguards. Video of the deposition surfaced on the Internet, which Black criticized as an invasion of privacy. THE ASSOCIATED PRESS

Facts

Bieber and R&B singer Khalil Amir Sharieff were arrested Jan. 23 in Miami Beach

- Police called it an illegal drag race with high-end sports cars.
- Tests detected marijuana and Xanax, but a breath test showed Bieber was under the alcohol limit.

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How to Apply

Go to www.elections.ca and click on "Employment" to complete an application form or to find out more about the job and the new riding boundaries. You can also call Elections Canada at 1-800-463-6868 for more details.

Applications must be received by midnight on April 4, 2014.

Cette offre d'emploi est également disponible en français à www.elections.ca.

Elections Canada

Elections Canada is an independent body set up by Parliament to conduct federal elections, by-elections and referendums.

Trapped by cat, family calls 911

The Oregon owners of a 22-pound house cat that trapped them in their bedroom after attacking their baby say they're not giving up on their pet and are getting it medical attention and therapy.

Two days after police arrived to subdue the 4-year-old part-Himalayan cat, owner Lee Palmer of Portland said he's taking the feline to a veterinarian. A pet psychologist also is due at the house to see the cat, named Lux.

"We're not getting rid of him right now," Palmer said. "He's been part of our family for a long time."

Palmer says the animal attacked his 7-month-old child after the baby pulled its tail. The child suffered a few scratches on the forehead.

On the 911 call, Palmer tells the dispatcher he kicked the cat "in the rear" to protect his child. Palmer says the animal then "just went off over the edge," leading Palmer and his girlfriend to barricade themselves, their baby and the family dog in the bedroom for safety.

The cat can be heard screeching in the background of the call as Palmer says in a panicked voice: "He's charging us. He's at our bedroom door." Palmer also tells the dispatcher the cat has been violent in the past.

Officers used a dog snare to capture the animal, and placed it in a crate.

The cat attack story gained attention after police put out a news release about it Monday. Palmer says people reached out wanting to adopt Lux, but the family is not taking them up on it. THE ASSOCIATED PRESS

UFO reports down, still three a day

Ontario leads. Almost 1,200 alleged sightings across Canada in 2013.

UFO sightings in 2013 may not have reached the hype they did in 2012, but there were still almost 1,200 sightings in Canada last year, according to a list compiled by the Winnipeg-based group Ufology Research.

In total, there were 1,180 UFO sightings in Canada, says the summary of results, the second-highest yearly number of UFO sightings in Canada in the last 25 years.

The highest was in 2012, with about 2,000 cases reported. "This was likely an anomaly due to many people who were excited about the so-called "end of the world" in 2012 according to the Mayan Calendar, and reporting many lights and objects as UFOs," said the authors in a statement.

"The continued reporting of UFOs by the public and the overall trend of increasing yearly numbers of UFO reports suggests a need for further examination of the phenomenon by social, medical and/or physical scientists." METRO IN WINNIPEG

Extraterrestrial?

The average UFO sighting in 2013 lasted about 13 minutes.

- **Ontario had more than 40 per cent of all Canadian UFO reports.**
- **About 14 per cent of all UFO reports were classified as unexplained.**

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I just want your extra time

NDP Leader Tom Mulcair gets a kiss from sled dog Bilbo at Muk Tuk Kennels in Takhini River, Yukon, Tuesday. Mulcair is in the Yukon until Thursday. VINCE FEDEROFF/WHITEHORSE STAR/THE CANADIAN PRESS

Cyberbullies grow up, now in universities

Study findings. One in five undergraduates has been cyberbullied through Facebook, text messages and email

Research out of Simon Fraser University suggests that the online abuse that has been so prevalent on the teenage battlefield is carrying through to the arena of adults at Canadian universities.

Papers to be presented at a symposium in Vancouver on Wednesday say that undergraduate students are harassing their peers on social media, instructors are on the receiving end of student-led online smear campaigns, and faculty members are belittling their colleagues in emails.

"When you look at cyberbullying among younger kids, or kids in middle and high school, usually by age 15, it dies off," said education Prof. Wanda Cassidy, who worked on the study with two others.

Quoted

"Called me a 'spoiled little rich bitch,' mocked my bulimia ... messaged me multiple times telling me ... I was nothing more than 'a clingy bitch, slut and loser.' " A student interviewed in a focus group

The research team surveyed over 2,000 people and interviewed 30 participants from four Canadian universities — two in British Columbia, one on the Prairies and one in Atlantic Canada.

Some students said they were the target of crude slurs.

Faculty members — mostly women — also said they've been harassed online by students or colleagues.

Cassidy said the emergence of cyberbullying in an older population comes with grown-up consequences, such as ruined professional relationships or reputations, anxiety, sleep deprivation and thoughts of suicide.

She added that the website Rate My Professors is particularly distressing for instructors.

THE CANADIAN PRESS

Family members cry as people carry the coffin of Berkin Elvan in Istanbul, Turkey, Tuesday. The Turkish teenager had been in a coma since being hit in the head by a tear gas canister fired by police during last summer's anti-government protests. EMRAH GUREL/THE ASSOCIATED PRESS

New protests. Teen hit in head by Turkish police dies after 9-month coma

Turkish police clashed with thousands of protesters Tuesday following the death of a Turkish teenager, who had been in a coma since being hit by a police tear-gas canister during anti-government protests last year.

Riot police fired tear gas, water cannons and rubber bullets to disperse anti-government protesters hurling stones and bottles in central Ankara, the capital, and Istanbul, the largest city. The unrest swelled within hours of news that Berkin Elvan, 15, had died in an Istanbul hospital nine months after losing consciousness with a fractured skull.

Protests and clashes were reported in at least nine other cities.

His family said Berkin, who turned 15 in January, was on his way to a shop to buy bread when he was caught up in a street protest and struck in the head with a high-velocity gas canister. Several police officers were questioned about Berkin's head injury but none has been charged.

THE ASSOCIATED PRESS

How protests grew

The anti-government demonstrations started out as a small, local protest against government plans to turn a central Istanbul park into a shopping mall.

- After police used force against those protesters May 31, protests spread nationwide as demonstrators denounced Prime Minister Recep Tayyip Erdogan's increasingly authoritarian style and demanded greater democratic freedom.

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Critch's corner

Newfoundland native Mark Critch believes negative perceptions of East Coasters are becoming a thing of the past. JEFF HARPER/METRO IN HALIFAX

It's outdated: 22 Minutes' Mark Critch on the East Coast typecast

Atlantic Canada is known for its funny folk.

From Rick Mercer to Cathy Jones, East Coast comics seem second-to-none in bringing Canadians to gales and guffaws.

But when it comes to the Atlantic Canadian stereotype, 22 Minutes veteran funnyman and St. John's, N.L., native Mark Critch gets serious.

Metro News caught up with the comedian in Halifax to hear his thoughts on pigeonholing Atlantic Canadians and whether the East Coast label is changing.

Describe a stereotypical Atlantic Canadian.
I guess a bit of a drinker. Working the system to get a cheque. Happy-go-lucky.

Are they/we crazy? Or is there some merit to these stereotypes?
I don't think so. Anyone who has met a farmer, fisherman or plant worker would know they are hard workers. Seasonal work doesn't mean lazy. Most people who depend on EI to supplement income work a lot harder and longer than the politicians who send out the EI PIs (Employment Insurance Private Investigators).

You're looking at a stereotypical Atlantic Canadian — what do you see?
The "Newfie joke" used to be the guy in the sou'wester, pipe in hand, nodding and winking. I think these days more people think of Rick Mercer or Rex Murphy or Danny Williams when they think of Newfoundland. It's outdated.

How do you think people elsewhere in the country think of you?
Everywhere I go I hear people talking about the job opportunities in oil and gas, the scenery, the music scene, etc. I think a lot of Canadians want to come here and are envious of a place that has such a healthy cultural identity.

It seems like most of the negative East Coast stereotypes come from East Coasters themselves — are we a self-deprecating bunch? Is it all in our heads?
I disagree. When East Coasters went to the big city to find work in the '50s, '60s and '70s, they were mocked and made fun of because they spoke differently. They weren't as "hip." One of the reasons we have so many comedians is that we quickly learned a sharp wit was handy in these situations. The new generation is proud of who they are and where they are from. And so they should be. I don't hear those jokes anymore when I travel. Used to be the first thing someone in Toronto would do was tell you a Newfie joke. Now they say, "I love Hey Rosetta."

GEORDON OMAND/FOR METRO IN HALIFAX

WHO IS AN EAST

Know the East Coast, from least to most. Drinking, smoking, living on lobster and welfare — is this how the rest of Canada sees the East?

RUTH DAVENPORT
Metro in Halifax

In a country the size of Canada, stereotypes are hard to avoid. They're a shortcut to identity, an easy way of distinguishing people in one place from another. British Columbians are left-wing pot-smoking radicals, Albertans are ultra-conservative cowboys and Ontarians believe they're the centre of the universe.

Then there's Atlantic Canada, to most Canadians the home of friendly, roughspun fisherfolk scratching out a living in quaint villages scattered across the lovely expanse of land between Montreal and the ocean.

"I find that they're often envious about when I talk about my visits home, going to the ocean, just the natural beauty and landscape of the Maritimes," said Windsor Junction, N.S., resident Sarah Harper, now living in London, Ont. "They have that postcard image of Peggy's Cove, and that's what the Maritimes is."

It sounds benign — better than being a cowboy, anyway — but experts say there's some unflattering baggage lurking behind that romanticized caricature.

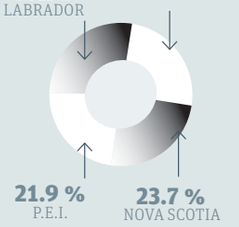
"Packaged in with the stereotype of the fisher is precarious employment, ruralness, hard living, underdevelopment," said Howard Ramos, a professor of sociology and Canadian studies at Halifax's Dalhousie University.

"Those are some of the same things that contribute to stereotypes around drinking, smoking, etc. And they also contribute to some of the reality."

Smoking rates

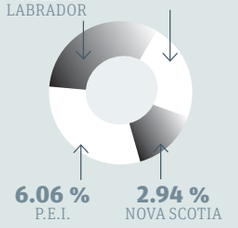
SOURCE: STATISTICS CANADA

(2012)
CANADA: 20.3 %



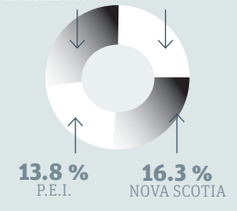
EI claims:

(AS PERCENTAGE OF POPULATION 2012)
CANADA: 1.48 %



Alcohol use

(EXCEEDING LOW-RISK DRINKING GUIDELINES, CHRONIC, 2011)
CANADA: 14.4%



Fact, fiction and the grey areas

Stereotypes are a blend of fact and distortions of fact: To wit, the fishing industry is Atlantic Canada's largest single private employer, but actual fishermen represent only a small percentage of the total population.

Most Atlantic Canadian stereotypes are rooted, in some form, in the region's post-Confederation history as "have not." Social indicators of poverty, such as smoking, alcohol abuse and obesity rates, are highest in the Atlantic provinces, reinforcing perceptions of the region as economically depressed — and insignificant.

"Even when the (groundfish) fishery closed, the rest of Canada didn't seem to have a visceral reaction," said Ramos, referring to the 1990s collapse of cod and groundfish stocks, which sustained the livelihoods of thousands of fishers and processing plant workers. "It was overshadowed by the Quebec referendum, the low Canadian dollar.… When you think that four provinces of the country were affected, that's a surprising lack of concern."

Perhaps the best-known example of an Atlantic Canada brush-off is Prime Minister Stephen Harper's observation in 2006 that the region suffered from a "culture of defeat."

"It's … taking a very complex set of circumstances, psychologically, culturally, attitudinally, and then making a relatively far-reaching stereotypic comment," said

Will the image of plaid-clad fisherfolk follow East Coasters for generations to come? JEFF HARPER/METRO IN HALIFAX

Whose identity is it?

There's a fair bit of this being the ball in our court ... are we going to have our narrative authentically shaped by ourselves or are we going to have it foisted on us by someone else?

Ray Ivany
Chair, Nova Scotia Commission, Building Our New Economy

COASTER?

Fascinating ignorance?

"I think there's a fascination with East Coast culture, the romanticization ... yet a failure to actually get even one step below that facade to get to know the names of our provinces, for example."

Megan Leslie
Halifax MP

Ray Ivany, president of Acadia University and chair of a panel that released a recent sweeping report on Nova Scotia's economic prospects.

Ivany spent 14 months in research and public consultation for the panel's report, and said Nova Scotians definitely suffer from some cultural "fault lines" — but shouldn't let those become the grounds for being overlooked.

"You'd never let somebody else, who barely knows you, declaratively make a statement that defined you," he said. "So why should we allow it as a province or a region?"

The interplay of politics and identity

Stereotypes make great punchlines, but they have real-world implications that are no laughing matter. Halifax MP Megan Leslie says she and her Atlantic counterparts tend to tread carefully around certain issues because of the possibility of reinforcing negative stereotypes.

"Sometimes we're shy about, well, do we really want to go out on this EI thing again," she said. "Because while it is an important issue for us in Atlantic Canada, maybe we are painting ourselves as the poor Atlantic cousins."

Ramos says basic fairness is another reason to confront stereotypes, noting Canada can't dismiss the Atlantic region as the poor cousin while benefiting from its workers and exports.

"If central Canada wants to eat the lobsters, and have the Christmas trees and have the offshore oil and the mineral resources in Labrador, it means this region has to have an infrastructure investment in it from central Canada as well," he said.

Changing the Atlantic Canada stereotype could also have a potential impact on the region's economic future. Ivany's report highlighted a need in Nova Scotia to change negative attitudes towards entrepreneurial success and outsiders to encourage and promote growth.

Although the deeply entrenched suspicion towards "come from aways" may be understandable, given a long history of being governed and managed by absentee and often exploitative entities, Ivany said it's time to start being more welcoming — not just "friendly" — to immigrants who come to Atlantic Canada in search of a home.

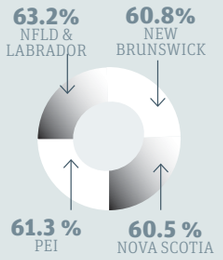
"The challenge now is to recognize that we've got to be much more welcoming, much more supportive of people from around the world who want to come here and frankly we need to be part of our province," he said.

Ultimately, Harper — the Windsor Junction resident living in Ontario — says Atlantic Canadians need to stop beating up on themselves.

"I don't want to say … there's a bit of an inferiority complex, but I really think there is," she said. "Have a little bit of pride that I think most of the rest of the country is pretty envious."

Body mass index

BODY MASS INDEX, OVERWEIGHT OR OBESE, SELF-REPORTED
CANADA: 52.5 %



Your turn

How would you describe an East Coaster?

We asked via social media. Here's what you said:

1) Honest & reliable appearance, laugh lines around eyes & mouth, normal teeth (not artificially white), wearing jeans and plaid.

A lot of happy old guys

2) Courteous, social and can't drive.

Proud Maritimer... salt of the earth. Our look is diverse.

3) Probably clinically depressed & unemployed

Definitely laid back... less stress here.

4) White, middle-aged, redneck, blue-collared, slightly overweight, uninformed, boring, no appreciation of the arts, alcoholic... ...full of complaints but no solutions, & completely out of touch with younger generations.

Easygoing people, a little behind the times in fashion and trends

5) Friendliest people on the planet.

6) No young ones. They're all out west.

To watch a video of what people at the Halifax Stanfield International Airport had to say about this topic, visit metronews.ca/halifax

PHOTOS: 1: WANDERING MAGPIE /FLICKR, 2: LITHIA LIFE/FLICKR, 3: NITIBOB/FLICKR, 4: LIZ BEDDALL, 5: LIZ BEDDALL, 6: ASHRAFUL KADIR/FLICKR

Wear it with pride

The sou'wester hat trick

There are few Canadian symbols more iconically East Coast than the sou'wester.

The collapsible rain hat — traditionally an oilskin — extends longer in the back to protect the neck from rain and often features a flipped-up front brim gutter for added rain protection.

But few might be aware of the process and protocol involved in donning the yellow bonnet.

Follow these four sacrosanct steps — endorsed by the apocryphal Angus Sou'Wester — and you too can wear the oilskin with East Coast pride:

- Place sou'wester on head, ensuring that the short brim faces the bow with the long brim pointing towards your stern.
- Take pure salt water from the Atlantic Ocean and anoint sou'wester with care.
- Pour one full ounce of black rum or a reasonable facsimile.
- Place left hand over heart and, facing the Atlantic Ocean, down rum in one gulp.

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Jetson had his flying car, Brin has his driverless car

Soon you'll have one, too. With self-driving cars already being tested, officials are busy deciding on the new rules of the road

While he is clearly not as cool as George Jetson, Google co-founder Sergey Brin seems pleased after riding in a driverless car with California Gov. Jerry Brown, far left, and state Sen. Alex Padilla, second from left, to a bill signing for driverless cars at Google headquarters in Mountain View, Calif., in 2012. ERIC RISBERG/THE ASSOCIATED PRESS FILE

Sooner or later, consumers will be able to buy cars that rely on computers — not the owner — to do the driving.

With that in mind, the California Department of Motor Vehicles held an initial public hearing Tuesday as it puzzles through how to regulate the public's use of the technology that is still being tested.

Among the complex questions officials wanted to unravel:

How will the state know the cars are safe?

Does a driver even need to be behind the wheel?

Can manufacturers mine data from onboard computers to make product pitches based on where the car goes or set insurance rates on how it is driven?

Once the stuff of science fiction, driverless cars could be commercially available by decade's end. Before then, the DMV wants to decide how to integrate the cars — often called autonomous vehicles — onto public roads.

Three other states have passed driverless car laws, but those rules mostly focus on testing.

California's legislature passed a law in 2012 that mandated rules on testing and public operation, and the DMV expects within weeks to finalize regulations dictating what companies must do to test the technology on public roads.

THE ASSOCIATED PRESS

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Raw milk activist plows ahead after court appeal loss

Two-decade fight.
Farmer Michael Schmidt vows to try to take his battle all the way to the Supreme Court

A farmer who has spent two decades fighting for the right to sell unpasteurized milk to willing buyers pledged to take his case to the country's highest court Tuesday after losing an appeal against his conviction for breaking public health laws.

Speaking minutes after the Ontario Court of Appeal ruling, an unbowed Michael Schmidt said he would continue with his milk operation and legal battle.

"Nothing really changes for me," Schmidt told The Canadian Press.

Farmer Michael Schmidt will continue his fight to sell unpasteurized milk. THE CANADIAN PRESS FILE

"Our plan is to move right to the Supreme Court. That's the bottom line. We're not stopping here."

In its ruling, the Ontario Court of Appeal upheld a 2011 conviction against Schmidt that saw him fined $9,150 under provincial health-protection laws.

Ontario does not ban the consumption of raw milk and farmers are allowed to drink the milk produced by their own cows. However, the sale of unprocessed milk is banned on the grounds that it poses a significant risk to public health.

In its ruling, the Appeal Court said Schmidt's method of allowing consumers to buy an ownership interest in a dairy cow was little more than a way to circumvent the rules.

THE CANADIAN PRESS

Top U.S. airlines flying high despite rough winter

U.S. airlines are still tallying up the damage from this winter's storms, but solid demand for travel means they are likely to weather the rocky start to 2014 in good shape.

Reports from some of the airlines point to higher average prices, and executives say spring bookings look strong.

This has been the worst winter for flight cancellations since the government started keeping track more than 25 years ago. The top four airline companies by miles flown — American, which includes US Airways; United; Delta; and Southwest — have cancelled nearly 75,000 flights this year. Snow and ice storms have fouled schedules at big airports in Chicago, Atlanta, the New York City area and elsewhere.

Since Jan. 1, Delta Air Lines Inc. has cancelled 17,000 flights. In weaker times for the industry, that might have been devastating, said Ed Bastian, the airline's president. Those cancellations will cut revenue by $90 million US and pretax earnings by $55 million US, but Delta still expects to post a record profit for the first quarter, usually the weakest season for airlines, he said.

While airlines raked in the profits, many travellers were stuck waiting after flights were cancelled due to the weather this winter. THE ASSOCIATED PRESS FILE

And for April, the start of the second quarter, revenue per mile for bookings is running well ahead of the April 2013 pace, Bastian added, speaking at a J.P. Morgan investor conference in New York.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.07¢
(-0.01¢)

Natural gas: $4.59 US (-$0.07)
Dow Jones: 16,351.25 (-67.43)

TSX
14,267.23 (-34.83)

OIL
$100.03 US (-$1.09)

GOLD
$1,346.70 US (+$5.20)

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MUSTN'T FORGET THAT UFO INVASION

JUST SAYIN'

Paul Sullivan
metronews.ca

With all the talk about the zombie apocalypse these days, you don't hear much about UFOs. It's as if they've just vanished from the sky.

Well, you'll be pleased to hear that's not the case.

In fact, here in Canada, the number of UFO sightings has never been higher. They haven't gone away. It's just that nobody cares anymore. We have zombies — and a few leftover sparkling vampires — to worry about.

Despite the shift in phantom phashion, Chris Rutkowski, chief researcher at Ufology Research (formerly Ufology Research of Manitoba, in case you were wondering) keeps grinding out the annual UFO survey.

As you might expect, 2012, the year of the Mayan apocalypse that didn't happen (it's hard keeping all these apocalypses straight), was a record year for UFO sightings. For some reason the Maya, who are Mesoamerican indigenous persons, and UFOs, piloted by Romulan indigenous persons, are often linked.

Anyway, there were 1,981 sightings in 2012, but 2013 was no slouch for sightings either, according to the latest report, fresh from the twilight zone. There were 1,180 UFO sightings reported in Canada in 2013, about three a day.

A triumphant note has a tendency to creep into Rutkowski's otherwise commendable attempt to stay on an even keel. "UFOs have not gone away. This data clearly contradicts comments by those who would assert that UFOs are a 'passing fad' or that UFO sightings are decreasing."

That "passing fad" guy? That would be me.

To his credit, Rutkowski keeps an open mind about what people are seeing. Most cases are, um, nocturnal lights (631). But daylight discs are creeping up (145). You'll also be pleased to know that there are still a few good-old-fashioned close encounters of a third kind, in which actual Romulans are encountered (the more scientifically rigorous Rutkowski calls them "entities"). There are even three close encounters of a *fourth* kind, "an alleged 'abduction' or 'contact' experience." I'll bet.

Most intriguing, a full 14 per cent of all 2013 UFO reports are classified as unexplained. The truth may or may not be out there.

Rutkowski is ready to concede that a failure to recognize conventional or natural objects may be the underlying reason for some of these sightings, but he doesn't rule out the possibility that more secret or classified military exercises are underway — or maybe there's just an increase in Amazon drone test flights.

On the other hand, maybe more nutbars (my word) with an inclination to share have access to the Internet. My favourite possible reason: The downturn in the economy is "leading to an increased desire by some people to look skyward for assistance."

Cosmic panhandling. It's a growing problem.

ZOOM

Left to nature, in plane view

ALEX MACLEAN/BEETLES + HUXLEY

Humanity's mark seen from the air

A "bone yard" of B-52 bombers in Tucson, Ariz. Man's impact on the natural world is revealed in a new exhibit by photographer Alex MacLean. Taken above the earth from a plane, the pictures offer a thought-provoking perspective on human intervention. MacLean's work is being shown at the U.K.'s Beetles + Huxley gallery until March 29.

MWN

Photog's viewpoint

"I try to make my pictures beautiful, but also to get the audience to appreciate the underlying substance of my projects such as globalization and climate change."

Alex MacLean, 67

Patterns sketch out culture and people

An architect by training, MacLean sees orderly yet artistic patterns created by humans from his almost godlike perspective: "The arrangement of man-made objects and markings tell so much about culture and people living on the land. With the distance of the aerial perspective, it's as if you are looking at a perfect model of basic organizational principles." MWN

This colourful image of shipping containers in Portsmouth, Va., is sombre in tone: "It's a perfect metaphor for my concerns about globalization," says MacLean.

ALEX MACLEAN/BEETLES + HUXLEY

Clickbait

LUKE SIMCOE
Metro Online

On March 12, 1989, Tim Berners-Lee presented a paper at the CERN lab in Switzerland, outlining his vision for sharing files between computers. Twenty-five years later, that vision is now woven into our everyday lives in the form of the World Wide Web. So, on the occasion of the web's 25th birthday, here are a few ways to celebrate:

The Internet Archive (archive.org/web):

Known as the WayBack Machine, this archive of more than 398 billion web pages offers you a sizable glimpse into the web's past. It's kind of like looking at the web's baby photos.

GETTY IMAGES

The first website:

Although Berners-Lee had conceived of the web back in 1989, it took him until 1993 to launch the first website. It's still online, and available at info.cern.ch.

The gift of cash:

Berners-Lee could have gotten rich by patenting the technology behind the web, but instead chose to give it to the world as a free resource. So today, why not donate to some of the organizations fighting to keep the web free and open, like OpenMedia.ca or the Electronic Frontier Foundation (eff.org).

Twitter

@metropicks asked: Snowden says NSA is "setting fire to the future of the Internet." Have his leaks affected your web use?

@Zaedum: knowing that countries are using my information without my permission has made me more wary to what I do and which apps I use.

@speirsr: Snowden's leaks have verified what I have suspected about myself. My metadata profile: Subject has no life.

Follow @metropicks and take part in our daily poll.

Comments

RE: Surly Pet Cat Traps U.S. Couple, Who Call 911, published March 11

So the cat has a history of violence and they are keeping it despite it scratching a 7 month old baby's face. Just another example of idiots choosing animals over people. **freebird posted to metronews.ca**

They didn't have a quilt to throw on it? **Maple Syrup posted to metronews.ca**

Pissed off cat, I can believe. Gunless Americans???? That's a tough one to swallow. **MP posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

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She's up for good makeup fun as T.O. fashion week gets Lucky

Putting on the glitz. Makeup artist Lucky Bromhead finds herself on the receiving end of some beauty artistry

Follow along as Andrew takes an intriguing person out for a night on the town, visiting some of Toronto's newest hot spots and offering tips on how you can create your own date night.

DOBBER DATES
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Makeup artist Lucky Bromhead on a tour of MAC Cosmetics Pro. ANDREW DOBSON

Lucky Bromhead has been painting faces for more than 20 years.

She's worked her magic on The Comedy Network's Match Game, Canadian episodes of Elvis Costello's Spectacle, and even acted as head makeup artist for MTV Canada.

"I started by scribbling ball point pen on Barbie faces as a kid and in my teens found inspiration watching music videos on MTV," says Bromhead, who has shaped the eyes and sculpted the cheek bones of Zooey Deschanel, Catherine O'Hara, Bono, M.I.A. and Cyndi Lauper.

"After watching David Bowie's Blue Jean video I realized makeup could offer more than just beauty, an inspiring art form."

World Mastercard Fashion Week will soon be taking over Toronto as local fashionistas, buyers, journalists and photographers find inspiration in next season's top designs.

Bromhead has been working behind the scenes at Toronto's runway shows on and off for the past 15 years and I wanted to take her on a date before she geared up for this years backstage glitz-meets-glam hustle.

"If I could only have one item of makeup in my purse it would be red lipstick: high impact and attitude," she reveals.

Our date would unfold at MAC Cosmetics Pro at 363 Queen St. W. Arriving at the store, senior artist at MAC Cosmetics Jane McKay offered us a tour. I was whisked past a rainbow of eye shadow before McKay informed me that my skin tone would be best matched to a NW20 foundation ("You are both natural beauties," she added).

Role reversal was the name of the game that afternoon. We plopped Bromhead in the makeup chair and I watched as McKay brushed her cheeks with MAC's Prep + Prime Natural Radiance, adorned her eyelids with #30 lashes, and plumped her smoocher with Lovelorn lipstick.

"I always look forward to checking out David Dixon's beautiful dresses on the runway, working with Maybelline lead artist Grace Lee and fraternizing with other makeup artists," Bromhead said about fashion week.

For those aspiring to one day paint the faces of runway models, Bromhead has some sage advice. "You need to work really fast, showcase a high skill level, be a team player and take guidance without your ego getting in the way," she says.

More than just a pretty face

"After watching David Bowie's Blue Jean video I realized makeup could offer more than just beauty, an inspiring art form."
Makeup artist Lucky Bromhead

Pre- and post-fashion week date suggestions

- **Pre:** Check out the latest fabric-centric exhibit at the Textile Museum of Canada.
- **Post:** Enjoy Italian-inspired sips and nibbles at Scarpetta in the Thompson Hotel.

Fashion Week

- World Mastercard Fashion Week runs March 17 to 21.
- Visit worldmastercard-fashionweek.com for details.
- Folllow Lucky Bromhead on Twitter @Lucky-Makeup

Pluck up your pucker

"If I could only have one item of makeup in my purse it would be red lipstick: High impact and attitude."
Makeup artist Lucky Bromhead

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Another case of hotel as grand old backdrop of frolic and folly

Lobby for fun. Wes Anderson latest director to resort to hotel as centre of action

IN FOCUS
Richard Crouse
scene@metronews.ca

"Grand Hotel... always the same. People come, people go. Nothing ever happens."

That famous line from the Greta Garbo film Grand Hotel is only half right. Hundreds of movies have used hotels as a backdrop for the action because people come, people go, but despite the quote's assertion, there's always something happening.

This weekend's The Grand Budapest Hotel is a case in point. Starring Ralph Fiennes as a concierge at a European hotel between the world wars, it features an all-star cast, including Bill Murray, Owen Wilson, Harvey Keitel and Edward Norton. They are all part of the fabric of the hotel's history, which includes assassins, murder, riches and a mysterious painting.

Hollywood has always recognized that the transient nature of hotels makes for great drama.

New York City's Plaza Hotel has played host to many famous movie scenes. Everything from Barefoot in the Park to Funny Girl to The Great Gatsby has used the iconic hotel as a backdrop, but it is probably best known as a location for North by Northwest. In the Alfred Hitchcock film, Roger O. Thornhill (Cary Grant) is mistaken for a government agent and kidnapped from the ornate lobby.

The opening shot of Goldfinger features a stunning aerial view of Miami's Fontainebleau Hotel, which at the time was the most luxurious guesthouse on Miami Beach. Later in the film, Bond girl Jill Masterson (Shirley Eaton) dies of skin asphyxiation inside the hotel after henchman Oddjob (Harold Sakata) coats her whole body in gold paint.

In the 1920s the Hotel del Coronado was a famous weekend getaway for Hollywood stars like Mae West, Charlie Chaplin, Clark Gable and Errol Flynn, but the Victorian wooden beach resort found fame as the setting for several scenes in Some Like It Hot. Located on San Diego Bay across from San Diego, the beachfront location was the scene of one of the film's most famous lines. When Jerry (Jack Lemmon) first spies Sugar Kane (Marilyn Monroe) sashaying through the sand, he says, "Look how she moves! It's like Jell-O on springs."

Stephen King was inspired to write The Shining after staying at the 140-room Stanley Hotel in Colorado. "I think a lot of things happened right here in this particular hotel over the years," says Dick Hallorann (Scatman Crothers) in the film version. "And not all of 'em was good."

The Stanley has been used as a location for Dumb and Dumber and other films, but Stanley Kubrick chose not to showcase the place in his 1980 adaptation of the novel. Instead, much to King's disappointment, he used Oregon's Timberline Lodge as a stand-in for the film's fictional Overlook Hotel.

Ralph Fiennes stars as a concierge in Wes Anderson's The Grand Budapest Hotel. CONTRIBUTED

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The Husband a triangle with an edge

Interview. Dark story is about reclaiming masculinity, director Bruce McDonald says

RICHARD CROUSE
scene@metronews.ca

Maxwell McCabe-Lokos stars as Henry in Bruce McDonald's The Husband. THE CANADIAN PRESS

The Husband begins with a premise we've all heard before, a romantic triangle. There's a husband, a wife and a lover but, as director Bruce McDonald points out, "in this case the lover is fourteen years old and the wife is in jail."

The movie is a dark dramedy about Henry, (Maxwell McCabe-Lokos, who also co-wrote the script), struggling to deal with the shame he feels when his wife is jailed for having an affair with a minor.

"The script really tries to understand what the male goes through in this crazy situation," says McDonald. "It's about regaining your mojo, about reclaiming your masculinity and power and it was written as a suspense story. There was this 'What's this guy going to do' thing all the way along. It was set up as a revenge movie. We meet our character and he is going through his day-to-day and one day, on the street, he sees the kid. The kid that did the deed. That sets off the movie, so it's this cat and mouse game throughout the whole movie. I just loved the way it was constructed and the suspense of it. What is our character Henry going to do when he finally confronts the kid?

"He begins to do irrational things. First he's trying to befriend this kid and get on his good side. To do what? And then other elements come into play where he is preparing something that you might think is a violent end to this confrontation. Henry is a mysterious and enigmatic character looking for some kind of closure on being the humiliated, cuckold husband."

The edgy film premiered at the Toronto International Film Festival in 2013. McDonald admits to being "very surprised at the reaction."

"People were very taken with this movie," he says. "They went in deep. I think they loved the oddness and the suspense of the story. They loved the situation and I think they loved how authentic and true it seemed to be in terms of the performances by Maxwell and Sarah Allen.

"Usually at the festival there's two or three screenings. In this case the screening venues kept getting bigger and bigger which is always a bit frightening because the first screening is usually well attended and by the third you're not quite sure what's going to happen but our third screening was packed to the rafters."

The double shame of a wife's affair

"In this case the lover is fourteen years old and the wife is in jail."

Director Bruce McDonald describes the situation at the heart of The Husband

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No sparkling for these undead

Bite this. Flight of Conchords star mocks vampire flicks in What We Do in the Shadows

NED EHRBAR
Metro World News in Hollywood

Flight of the Conchords star Jemaine Clement is taking on the vampire phenomenon, teaming up with co-director and best friend Taika Waititi for What We do in the Shadows, a mockumentary chronicling the daily — or nightly — lives of four everyday undead bloodsuckers living in Wellington, New Zealand.

Were there specific challenges in constructing a narrative as a documentary?
Yes. And we were also trying to get some action scenes in it, stuff like fights and special effects and let people improvise. But it also frees you up for things. The way we did it was we wrote a script, but we didn't show it to any of the actors. Because when people try to act like they're in a documentary, I feel like you can tell. People just don't talk how they would talk.

Light relief

"We had them in the sunrise and they burst into flame, and I'm going, 'F---, I thought I was going to sparkle!' But the special effect didn't quite work."
Jemaine Clement, co-director of What We Do in the Shadows

So then how much of that original script is the same as what you ended up with?
That's a great question, and I don't know. I would be interested to see that, to see how similar they are. But I haven't ever compared them. I haven't looked at the script since.

The cast of What We Do In the Shadows. CONTRIBUTED

Were there any vampire elements or clichés you wanted to avoid referencing?
We've got Twilight references in it, which I kind of regret. While we were filming it, the last Twilight movie was coming out, and we wanted to get a shot of them taking down the Twilight poster as Nick is getting over being a vampire, saying this vampire trend of the teens has gone again and you have to wait for the next one. We did have lots of references of how being a vampire becomes cool and then it becomes cheesy, and how that effects their lives. They're cool for a while and then they're not. But that dropped out.

But no sparkling jokes.
We did film some. We had them in the sunrise and they burst into flame, and I'm going, "F—, I thought I was going to sparkle!" But the special effect didn't quite work. They had to wear these gloves that look like hands so they could light on fire, and the gloves were so thick it just looked like their hands had swollen to look massive.

How was it co-directing with Taika Waititi?
We're very used to working with each other, and we talked about the idea for so long that we had very similar ideas of how it's going to be. Amazingly we never argued. But when we first started doing theatre shows, there were times that I thought we were going to punch each other — even on stage. But those kinds of conflicts have been worked out.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Amanda Bynes ALL PHOTOS GETTY IMAGES

Amanda Bynes denies secret Twitter account

Amanda Bynes has been behaving herself since returning to Twitter earlier this month — officially, at least.

According to In Touch, the troubled former child star has been using a secret second Twitter account to be her old self again, mocking familiar targets like Rihanna and Courtney Love and obsessing over her dog and going to the gym under the pseudonym Ashley Barks.

"If this isn't Amanda Bynes' private Twitter account, then someone is doing a very good job of impersonating her," a social media expert tells the magazine.

But Bynes herself says the story is bogus, taking to her official Twitter account to write, "FYI This is my only twitter account, I have no secret twitter accounts."

Mamma Mia! Miley eyes getaway in Clooney's hood

Miley Cyrus

George Clooney's hideaway in Lake Como, Italy, might not be such a peaceful retreat if Miley Cyrus goes through with her reported plan to purchase a home near the Monuments Men star.

"Miley is seriously talking about purchasing a home on Lake Como," a source tells Radar Online. "Miley is eagerly anticipating her first major real-estate purchase and she figures, what could be better than a place in Italy near her favorite A-list star?" Apparently the search for a big-ticket real estate asset is part of her efforts to maintain the control over her fortune. "She's going to buy the biggest and most expensive houses she can in part to keep the money away from her parents," the source says.

The Word

Captain America sick of partying — except with fellow superheroes

Captain America star Chris Evans is looking to settle down and put the partying to rest, according to Glamour U.K.

"In your 20s you think, 'How will I ever not like going out?' You have drinks, buddies, music — great," Evans tells the magazine. "But in the last two or three years, I go to a club and I kind of wish I was home. My idea of a good time has evolved a bit, so a night out with me might not be as exciting as it might have been a couple of years ago."

He does make an exception, though for his Avengers co-stars, including Robert Downey Jr., Mark Ruffalo, Scarlett Johansson and Chris Hemsworth.

"It's different with those guys," he says. "You're like, 'Come on, guys, this is great! This isn't going to last forever and this is a really fun group of people doing a really fun thing. Let's go get drunk!' I try to be the motivating force. Everyone's married and has kids and s— like that, so I'm still the one single guy going, 'Come on, shots!'"

Keith Richards

Sex, drugs and children's literature

Keith Richards is writing a children's book. He really is.

The Rolling Stone who came to define the adults-only lifestyle of rock has a deal with Little, Brown Books for Young Readers for a picture story called Gus & Me: The Story of My Granddad and My First Guitar.

The publisher announced Tuesday that the book will come out this fall and will include illustrations by Richards' daughter, Theodora Richards. Barnaby Harris and Bill Shapiro are assisting with the writing.

Gus is Gus Dupree, Keith Richards' beloved musician-grandfather. In a statement issued by the publisher, Richards said the book was based on "one of those magical moments" he had with Dupree. Richards, 70, has five grandchildren of his own. His memoir Life was published in 2010. THE ASSOCIATED PRESS

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@prattprattpratt
There's nothing to fear but fear itself. Oh also bats.

Perfect pubs for Paddy's Day

Raise your pint glass. It can be tough to find an authentic Irish watering hole on this side of the Atlantic; here are five suggestions

STEVE GOW
life@metronews.ca

The Irish Heather in Vancouver is modelled after modern Irish gastropubs. IRISH HEATHER

There's no shortage of bars across the country claiming to be Irish, but only a precious few can say their roots are tied to the Emerald Isle. If you're particular about celebrating St. Patrick's Day in true Irish tradition, here are five of Canada's most authentic pubs.

Durty Nelly's (Halifax)
Named after a famous Irish landmark, Durty Nelly's is credible enough to boast that its interior was actually designed and constructed in Dublin before crossing the Atlantic to be rebuilt in downtown Halifax. Toss in seafood chowder that has even been praised by the L.A. Times and this pub is certainly worth its Celtic salt.

Irish Specialties: Guinness Lamb Shank ($19), Seafood Chowder ($12.50)

P.J. O'Brien (Toronto)
Opened by well-known Cloone-born businessman Pat Quinn, P.J. O'Brien features a classic copper-topped bar, authentic Irish cuisine, white-jacketed bartenders and plenty of hospitality. Although the always-friendly proprietor passed away in 2009, his gregarious legacy lives on through his son. Don't be surprised if Pat Quinn Jr. even comes over and buys you a round.

Irish Specialties: Beef and Guinness Stew ($15), Kilkenny Ale Fish & Chips ($15)

O'Hanlon's (Regina)
Surprisingly, the reigning champ for selling the most Guinness pints in Canada is located in Regina. Run by Limerick native Niall O'Hanlon, the eponymous pub sold 61 kegs of the popular stout last St. Patrick's Day and aims to defend the title. O'Hanlon's is primarily an alehouse, but attracts a diverse clientele.

Irish Specialties: Corned Beef and Cabbage ($15), Shepherd's Pie ($14)

James Joyce (Calgary)
Located amongst Calgary's skyscraper-lined downtown, James Joyce was opened by Irish immigrants Anne and Gerard Curran to bring Gaelic ambience to the Stampede City. Highlighted by traditional Celtic music and decorated with scores of artifacts and heirlooms ranging from schoolbooks to a penny-farthing bicycle, this dark, inviting pub will make you feel like you've been transplanted to the middle of the Emerald Isle.

Irish Specialties: Irish Potato Boxty ($13), Ballycastle Bacon Bites ($11)

Durty Nelly's interior was constructed in Dublin. DURTY NELLY'S

Irish Heather (Vancouver)
For a slightly bit more contemporary "craic" experience, Irish Heather in Vancouver's historic Gastown district models itself on modern Irish gastropubs, but its still the perfect pub to soak up Celtic spirit with a Guinness in hand. In the popular backroom distillery, devotees can test out Vancouver's biggest selection of whiskeys.

Irish Specialties: Bangers & Mash ($17), Lamb Shepherd's Pie ($18)

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Looking for a lucky charm?

Sweet souvenirs. 'Tis the season for pots of gold and leprechauns, but try taking home some of these talismans from your travels

ON THE MOVE
Loren Christie
life@metronews.ca

Glass charms Greece and Turkey

The evil eye refers to bad energy transmitted by a person who has negative and covetous thoughts. Victims, from humans to horses, are said to suffer from headaches, nausea or impotence. While locals believe the blessings from church officials or remedies administered from a learned elder can cure them, interlopers may find the purchase of a preventative charm to be their safest bet. Found almost everywhere around the Aegean Sea, eyes painted on blue glass reflect the power of the evil eye back on itself.

Dream catcher, Arizona

The legend of the dream catcher is woven into the oral histories and traditions of many native cultures in North America. Its principal purpose is to filter bad dreams, ensnaring the bad ones and directing the good ones to a person's subconscious. In addition to a getting a good night's sleep, owners are believed to be blessed with improved health.

Voodoo doll, New Orleans

In the mid 1700s, voodoo rapidly spread in New Orleans as the mystical religion overlaid its symbols and deities with those of Christianity. Drawing on their European masters' traditional use of effigies, slave practitioners created the voodoo doll. Whether the energy surrounding them is good or bad depends on the intent of their creators and owners. Pick up a white voodoo doll, which is aimed at transferring positive energy and good luck from one person to another.

Eyes painted on blue glass can ward off negative energy from the evil eye. These are found almost anywhere around the Aegean Sea. ISTOCK

Corno, Italy

The phallic shape of a corno has been a symbol of fertility, fortune and power since Roman times. Like the point of a sword fending off a foe in battle, its tip is said to protect owners against harm. To harness its' protective power pick up a gold or coral charm, or perhaps a T-shirt with a corno emblazoned on it.

Lava rocks, Hawaii

Some mementoes are better left behind! According to legend, Hawaii's goddess of volcanos doesn't take too kindly to those who cart pieces of lava rock, coral or even sand off the islands that she's believed to have created. The best way to avoid her curse? Stick to taking photographs of the landscape.

Dream catchers are part of the traditions of many North American native cultures. Their main purpose is to filter bad dreams. ISTOCK

Bucket list

Cue the classics

Sundance, Cannes — who cares? It's not too late to sign up for the TCM Classic Film Festival April 10 to 13 — because you know you've always wanted to. This fifth annual event will see hosts Robert Osborne and Ben Mankiewicz (and you!) rubbing shoulders with legendary stars in and around the Hollywood Roosevelt Hotel, the site of the first Academy Awards ceremony. Film buffs from around the world will congregate to help TCM celebrate its 20th anniversary with red-carpet galas, special movie screenings, the Vanity Fair opening night party and more. The list of special guests includes Kim Novak, Mel Brooks (above), Shirley Jones and more. Passes start at $250 US and run to $1,600. Go to filmfestival.tcm.com. DOUG WALLACE/METRO

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Pack in more of Cuba on an island cruise

All aboard! Cuba Cruise is offering tourists a different way to see the island

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The drive to Trinidad is peppered with sugar cane plantations and farming communities. PHOTOS: ANDREW DOBSON

Catch a cabaret show at The Tropicana in Havana.

Just over a year ago, Cuba Cruise launched its inaugural seven-day circumnavigation sailing, revolutionizing the way tourists experience Castro Country. Guests aboard the Louis Cristal are offered a chance to experience a Cuba rarely seen with stops in Havana, Holguin, Cienfuegos/Trinidad, Santiago and Punta Frances on the Isle of Youth.

Though life on board features the razzle dazzle of nightly entertainment, mojito sloshed al fresco bars, petite casino and relaxing spa, it's each port of call's excursion offerings led by friendly local guides that make a lasting impression. While each destination offers its own unique itinerary, make sure to enjoy these four not-to-be-missed jaunts as you sail away into the Caribbean Sea:

No trip to Havana is complete without a visit to The Tropicana, Cuba's most famous cabaret, designed similarly to the extravaganzas of Las Vegas and the famous Lido in Paris back in the 1950s. Every night over 200 dancers and singers appear on stage accompanied by a live orchestra while tipsy tourists sip on Havana Club under the stars.

On October 27, 1492, Christopher Columbus landed in the province of Holguin located on Cuba's northeastern coast. The explorer famously declared "it is the most beautiful land ever seen by human eyes."

Today a visit to Parque Monumento Nacional Bariay offers guests an opportunity to remember this historic spot. Thatched roof huts set the scene for a performance where locals dressed as an early indigenous tribe re-enact a scene from the past.

Located eight kilometres south of Santiago, El Morro Fortress stands poised on the high cliffs that flank the entrance to the Bahia de Santiago de Cuba. Designed by an Italian military engineer and named after Santiago's then-governor, it was built between 1633 and 1639 to ward off pirates. The splendor here is the structure's magnificent scale, its sheer cliff-edge and jaw dropping views of the Caribbean Sea.

From the port of Cienfuegos, enjoy a 90 minute drive through sugar cane plantations and rural farming communities before arriving in Trinidad, a UNESCO World Heritage Site. Tourists stroll through its cobbled, traffic-free colonial district, which is recognized as the best preserved in the country.

If you go...

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Take a (cheap) bite out of the Big Apple

Frugal New York. Act like a big spender with reward miles, discount sites and Twitter deals

VAWN HIMMELSBACH
life@metronews.ca

By the time you add up the costs of a hotel room, dining out and tickets to a Broadway show, a trip to the Big Apple can leave you with a hefty credit card bill.

But it doesn't have to. It's possible to do New York on the cheap while still experiencing the best this city has to offer — no need for eating fast food or sleeping on a park bench.

Sure, you might be dreaming about a white sandy beach this time of year, but New York is one of those cities that can be visited year-round, and wintertime offers the added bonus of off-season rates, not to mention strolling through snow-covered Central Park. And you won't have to deal with the hordes of tourists that flock to the city in the summer.

On a recent trip to New York, I used Aeroplan reward miles to fly there and for my hotel stay at the Westin New York at Times Square, right down the street from the theatre where I also used miles to get tickets to Kinky Boots — one of the hottest shows on Broadway (and the winner of six Tony Awards including best musical).

I also discovered I could use miles for "experiences" including a helicopter ride over Manhattan, an NBC studio tour at Rockefeller Plaza, and a chocolate, dessert and wine walking tour in the SoHo and Nolita neighbourhoods.

Don't have miles? Hotels in Manhattan can be pricey, but the city also offers a range of "boutique" hostels, which are more upscale than your typical hostel; most offer private rooms, with breakfast and Wifi included. (I stayed at one for $40 US per person in a double-occupancy room.)

When travelling off-season, it's often easier to find discounts on hotels through travel deal websites. Or, you can opt for Airbnb (where you pay to stay in someone's home) or couchsurfing (where you stay for free in someone's home and essentially "sleep on the couch" — although it's considered good form to take your hosts out for a dinner).

Want a cheap activity in NYC? Try renting skates at Wollman Rink in Central Park. GETTY IMAGES FILE

The Museum of Modern Art offers free admission on Fridays from 4 to 8 p.m. ISTOCK

Save on the sights

Admission to NYC's biggest attractions can add up (taking an elevator to the top of the Empire State Building will cost you $27 US). But check for free options; the Museum of Modern Art, for example, offers free admission on Fridays from 4 – 8 p.m. You can also buy a New York City Pass that offers access to more than 80 attractions (an adult one-day pass costs $80 US).

There are several Broadway discount ticket services; try the city's TKTS booths. Or, try for rush tickets, typically available a few hours before the start of a production at heavily discounted rates. Tip: Call the box office ahead of time and ask when you'll have the best chance of getting rush tickets.

There are plenty of ways to explore NYC for free or on the cheap, from renting skates at Wollman Rink in Central Park to going on a gallery art crawl through Chelsea and hitting up the Thursday night wine-and-cheese openings.

NYC is the city that never sleeps, and there's always something going on that's free or cheap, from concerts and films to events and parties. Follow Twitter accounts such as @free_nyc to get the scoop in real time. Twitter is also a great way to track down food trucks and get gourmet eats on the cheap.

All these savings mean you'll get to see the best of NYC — and have cash left over for hitting the shops in SoHo.

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An oasis in the bustle of tourist-packed Banff

Cascades of Time Gardens. Ornamental gardens an added attraction in town

The gardens were planted in 1935. THE CANADIAN PRESS

It's a tiny patch of floral tranquility in one of the most beautiful parks in Canada.

While the streets of the Banff National Park townsite are virtually awash with 3.5 million visitors a year, the Cascades of Time Gardens located at the end of Banff Avenue and on the way to the Banff Springs Hotel offers a surprising break from the frenetic pace.

The ornamental gardens are located in a five-hectare (12-acre) plot of land which also includes the Banff Parks administration building.

The site was originally the home of the Brett Sanatorium and Hotel built in the 1880s by Dr. Robert Brett, a company doctor for the Canadian Pacific Railway, in response to the discovery of the sulphur hot springs in Banff.

When the hotel burned down in the 1930s, the plot of land was snatched up by Parks Canada, which built the administration building and the gardens in 1935.

The garden itself takes up about 1.6 hectares. "The garden was definitely a huge feature for (the site's architect). He had this notion of Cascades of Time and not because it faced Cascade Mountain," said Steve Malins, a spokesman for Banff National Park. "People picnic in there. There's often people playing bocce ball or Frisbee and of course quite a few weddings and wedding photos are often taken amongst the gardens," Malins added.

THE CANADIAN PRESS

New

Route to Israel

Porter Airlines and EL AL Israel Airlines have joined forces, leveraging their links with Newark airport in New Jersey to make it a hub for people travelling between Tel Aviv and Toronto (to Billy Bishop Toronto City Airport). Porter, which flies to and from Newark up to 13 times a day, is teasing us with news of more such deals with other airlines in the future. Stay tuned at elal.co.il and flyporter.com.

DOUG WALLACE/METRO

Deal

Soho Beach House

Miami's recently expanded Soho Beach House is having a bit of a sale. This exclusive, private club for the creative crowd has a 50-room hotel open to the public, offering rooms starting at $250 when you book before March 31 a minimum five-night stay between May 1 and October 24. You save at least $150 per night — and can enjoy similar privileges and facilities as the club members, including two pools, a garden, private beach, live music, guest speakers and more. Visit sohobeachhouse.com. DOUG WALLACE/METRO

How-to

Travel with the comforts of home

1. Pack a travel coffee maker (Aeropress.com) and a small bag of some nice Illy coffee. 2. Snack while you unpack, with things you bring from home: toasted almonds, a jar of artichokes, a wedge of cheese, your favourite crackers. 3. A tiny travel steamer will save you from cursing at the seen-better-days iron and unruly ironing board in the closet. 4. BYOP — bring your own pillowcase. It will smell just like home.

DOUG WALLACE/METRO

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An egg wrap for dinner? All the cool foodies are doing it!

Greek Style Couscous and Egg Wrap. Gone are the days when eggs were just a breakfast staple. Here, they star in a 15-minute dinner

DINNER EXPRESS
Emily Richards
food@metronews.ca

This recipe serves four. CONTRIBUTED

Ingredients

- 1/2 cup (125 ml) whole wheat couscous
- 1 clove garlic, minced
- 1/2 tsp (2 ml) dried thyme leaves or Italian herb seasoning
- 3/4 cup (175 ml) sodium reduced vegetable or chicken broth
- 1/4 cup (60 ml) each grated carrot and zucchini or diced bell pepper
- 3 hard cooked eggs, peeled
- 1/3 cup (75 ml) 0% fat plain Greek yogurt
- 1/2 cup (125 ml) quartered grape tomatoes or chopped tomatoes
- 1/4 cup (60 ml) crumbled light feta cheese
- 3 tbsp (45 ml) chopped fresh basil or parsley
- 1/4 tsp (1 ml) fresh ground pepper
- 4 small whole wheat flour tortillas

This is an easy light dinner or make ahead lunch for the family.

Using hard cooked eggs in sandwiches adds protein and a creamy texture to this filling. For a flavour twist, switch up your cheese and try goat cheese or ricotta instead of the feta.

1. Place couscous in a bowl with garlic and thyme. Bring broth to a boil and pour over couscous. Stir in carrot and zucchini; cover and let stand for 5 minutes.

2. Meanwhile, in another bowl, mash eggs with a fork and stir in yogurt, tomatoes, feta, basil and pepper. Add couscous mixture and stir to combine.

3. Divide among the tortillas and roll up to enjoy. FOR MORE OF EMILY RICHARDS' RECIPES THAT ARE PERFECT FOR DINNER AND MORE, BE SURE TO CHECK OUT HEALTHYCANADIANS.GC.CA

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Cooking tips

- Out of broth? Use water instead. This will also help cut down on the sodium.
- Make wraps the night before. Cover tightly with plastic wrap. Keep in the fridge and grab one as you head out the door.
- Turn this recipe into a salad by baking the tortilla on a turned over ovenproof bowl in a 400 F (200 C) oven for about 5 minutes or until golden. Let cool slightly then fill with couscous mixture.
- No-fail way to make hard cooked eggs: Place eggs in a single layer in saucepan and cover 2.5 cm (1 inch) above eggs with water. Cover and bring to a boil over high heat. Remove from heat and let stand 25 minutes. Drain water and run cold water over eggs to chill

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Tackling to-dos with a scratch-off strategy

Wouldn't it be nice to walk into your home at night having checked off all that's been busying your brain? ISTOCK

Live and let list. There are tools out there that will help upgrade your everyday list to a fully functioning task tackler

SIDNEYEVE MATRIX
TalentEgg.ca

We all make lists, and some of us far are better at using them than others.

They're the quintessential stay-on-track productivity tool, in both their low- and high-tech versions: from reminders scrawled on your hand or a flurry of Post-it to-dos, to the hundreds of apps available for your desktop and smartphone.

Part of most people's everyday quest to stay on top of tasks and to remember tidbits of information, the lowly list is your best friend on a busy day and your worst frenemy when it gets totally out of control and you've run out of that most precious commodity: time.

One thing is for sure, if you're job searching, you have plenty of plans on your plate.

Especially if while looking for your next position, you're currently employed, balancing childcare and work, or handling a full-time course load.

In those cases, mastering the art of the list matters, if it means increasing your productivity, feeling more focused, and reaching your goals faster.

So how to create smart task lists that really, really work?

Automate them

Try IFTTT.com (if-this-then-that) to create and manage tasks and reminders.

IFTTT on your smartphone helps you save time and accomplish more.

It can automatically take any emails labeled "to do" and add them to an iOS Reminders list, or copy "starred" Gmails to a Google Calendar task list.

It can also get your phone to check the weather and remind you to grab an umbrella, and autodisplay your daily to-dos the second you set out on the morning commute.

Leveraging Facebook, Twitter, Foursquare and dozens of other popular social apps to keep you on track and on task, IFTTT lets you connect the dots between, and cross off or cross-reference items from all the nodes in your digital life.

"Daypart" them

In broadcast journalism, programming is "dayparted," because while certain shows work better in the morning, other types resonate with audiences in the evening.

Take a close look at your schedule and see if it syncs with what you know about yourself.

Morning person? Get your second wind after midday coffee? Most focused in the wee hours?

Face your most demanding tasks during high-energy, peak-performance parts of your day, and align the low-stakes, repetitive tasks for the other parts.

Track them

There's always more to do, but the satisfaction of scratching something off your list is real.

Tracking your completed tasks may motivate and encourage you to get even more done.

The Todoist app visualizes your accomplishments, so you can immediately see just how far you've progressed toward a goal.

Likewise, there are plenty of apps that use your smartphone to record time-on-task, especially handy for tracking billable hours, and allowing you to document, then sit back and reflect on what you've accomplished to date.

THIS ARTICLE IS EXCERPTED FROM MY PROFESSIONAL DEVELOPMENT COURSE IN PERSONAL BRANDING WITH SOCIAL MEDIA, OFFERED ONLINE AT QUEEN'S UNIVERSITY.

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Keep things in check

There's always more to do, but the satisfaction of scratching something off your list is real. Tracking your completed tasks may motivate and encourage you to get even more done.

Sidneyeve Matrix
Associate professor of media at Queen's University

A custom fit

Of course at the end of the day, productivity is deeply personal — one tool or list-making strategy will work better for you than the next.

- The bottom line? When you have multiple deadlines, projects, and people competing for your time and attention, and not a minute to spare, don't let yourself feel immobilized and overwhelmed about everything.
- Instead, tame your to-dos with a smart list that reflects your individual work style and professional priorities. Now you're ready to get the job done.

Dismiss the disaster at your desk

Address that mess.
Creating a comfortable, functional, interesting workspace will keep you well-organized, and help you get more done

SHAHEERAH KAYANI
TalentEgg.ca

If you set aside a few minutes every day to give your office space a quick once-over, you'll avoid the burden of business build-up. ISTOCK

Do you have a messy desk? Are you missing important items, and suspect they're somewhere in the stacks of paper that have mysteriously accumulated?

Perhaps you're also unhappy with the boring office walls surrounding you, or the lack of storage space.

These things matter, because having an unorganized office space can make you less interested in your work. So break out that office dust buster and get tidying.

De-clutter
Get rid of whatever you no longer actually use or need, because those things are only taking up space that could be better put to use.

You will likely find that you have old items lying around that you don't even remember acquiring. Items that you don't use on a daily basis can be stored in drawers or cupboards to help de-clutter your desk.

Avoid having duplicates of anything that could more conveniently be stored on your computer. Keep a recycling bin under your desk to easily discard useless extra paper copies that can later be used as scrap paper. A cool trick is to snap a quick picture of your office space to better identify clutter areas and redesign your working space.

Set a routine
Having a daily routine can help you get regular tasks out of the way before they accumulate each morning. This lets you get to work on other things — meaning you won't have multiple projects on the go at once.

Establish a morning routine that includes answering all your emails and calls and checking your to-do list. Once this is out of the way, you'll be better prepared for the rest of your working day and have fewer interruptions.

Try and restrict your workspace to having one or two projects on the go, at most.

Get organized
Less is rarely more when it comes to getting organized. There's a whole world of storage units and items (big and small) out there. Grab a measuring tape and start searching.

Sticking to a budget? You can always adapt common items to help you cut clutter.

Make sure you have plenty of good and easy-to-use storage items such as cups for pens, storage bins and an alphabetical filing system. If needed, install some new shelves to make good use of wall space.

Save time for clean-up
Before you leave the office, ensure that you give yourself five to 10 minutes to sort things out and do a little tidying. Start with the digital stuff: clean up your inbox, file everything, update your to-do list and schedule reminders.

Then turn your attention to the workspace itself. Put away completed projects and organize ongoing ones so you'll be able to pick up where you left off. If your workplace has a clean desk policy, allocate drawer or storage space to store incomplete tasks so you don't lose track of what you were doing. Lastly, make sure all small objects and tools are put away. The next work morning will be much easier when you have a clean clutter-free space to work with.

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#QuestionoftheDay

@TalentEgg: Workplace hugs: DO or DON'T?

@EDSPowel
I say DON'T. However, I know that my coworkers @theofficedogs may disagree.

@Recruit_Campus
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@HenshawLaura
@TalentEgg hugs! But definitely be aware of your colleagues preferences for personal space

@kMistica
I'll go for a yes! #SpreadTheLove

Let's get personal

Invest in some decor to bring a little character to your office space.

- You can also decorate your place with photos of family or loved ones or even a recent company event that will help keep you motivated.
- Don't have any pictures handy? A great and simple idea is to hang your favourite inspirational quote on the wall.

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Work without walls? It's a remote possibility

Out with the office.
If you're going to be on the go with your work flow, make sure the boss knows you're still on the ball

DAN SCHAWBEL
Metro World News

If you aren't a remote worker right now, chances are you could be in the future. A new study by the work lifestyle company Flex+Strategy Group and Quest Diagnostics found that 31 per cent of full-time employees in the U.S. (about eight million people) do most of their work from a location other than their employer's site. Though many workers romanticize about working from home, it's much harder than it seems.

I spent four years working remotely and ended up renting office space because my situation was getting in the way of real human interaction. They don't teach you in college how to work remotely or manage remote workers, but it's an important skill in the 21st century. I spoke with Cali Williams Yost, founder of Flex+Strategy Group, to get her tips for remote workers.

Show that mug!

Face-time is still the best way to build relationships with the people you work with.

- "Make it a point to go into your employer's workplace regularly," says Yost. Nothing will replace in-person visits where people can get to know you on a personal level.

Know your boundaries

When you aren't working in an office, it's hard to balance your work and life because you aren't clocked in. It's up to you to set time aside to do personal things that matter to you.

With technologies like Skype, Basecamp and Google Apps, it no longer matters where and when you do work — only that you get results that benefit your company. ISTOCK

"Make it part of your routine to sit down for 20 minutes each week and review what you need to get done and want to get done on the job, with your career and in your personal life," Yost recommends.

Identify actions and priorities

As a remote worker, you need to take the initiative to manage yourself instead of relying on your boss to do it for you. "Identify the small, meaningful actions and priorities that will help you be your best, at work and in your personal life, for the next seven days, whether it's completing an important project, getting enough sleep or eating healthy meals," Yost suggests.

Give regular status updates

One of the biggest concerns managers have with remote workers is that they might be distracted. Your manager will trust you if you make sure he or she is aware that you are constantly doing work and exceeding expectations. "Every week send your manager a quick 'highlights' list of accomplishments," says Yost.

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Stars players rush to their bench to aid teammate Rich Peverley on Monday night in Dallas. Peverley suffered what GM Jim Nill called a "cardiac event" and was transported to the hospital after play was suspended. SHARON ELLMAN/THE ASSOCIATED PRESS

NHL emergency protocol heralded

Rich Peverley. Dallas Star went into a 'cardiac event' during Monday's game and transported to hospital

From the time Rich Peverley collapsed on the bench to the time he was taken to the hospital, NHL protocols for medical emergencies were followed exactly how they were supposed to, and it might have saved the Dallas Stars forward's life.

Peverley, who has missed games this season because of an irregular heartbeat, had what general manager Jim Nill called a "cardiac event" during Monday night's game against the Columbus Blue Jackets. Play was stopped immediately, and Peverley was taken down the tunnel and attended to before being transported to hospital.

The league's emergency medical standards were in place at American Airlines Center, as they are in every NHL rink.

That includes having at least two team doctors in attendance and at least one within 50 feet (15 metres) of the bench.

The incident is not likely to lead to dramatic changes in the way NHL teams deal with emergency medical situations because they worked so well.

The current guidelines are spelled out in four pages of specific detail, including the availability of triage facilities, physicians, trainers and ambulances. THE CANADIAN PRESS

Similar heart failures

- Jiri Fischer of the Detroit Red Wings went into cardiac arrest in 2005 but quick medical care saved him.
- Sergei Zholtok died of a heart ailment while playing in his Latvia in 2004
- New York Rangers prospect Alexei Cherepanov died of heart failure during a 2008 KHL game.

Snowboard cross

Maltais wins her 5th Crystal Globe

Dominique Maltais has secured the World Cup snowboard-cross title for a fourth straight year and fifth overall.

The native of Petite-Riviere-St Francois, Que., clinched the Crystal Globe after winning a World Cup event Tuesday.

Maltais won a silver medal last month at the Sochi Olympics.

THE CANADIAN PRESS

Tennis

Bouchard's run at BNP Paribas Open meets its end

Montreal's Eugenie Bouchard bowed out of the BNP Paribas Open on Tuesday, losing in the fourth round to sixth-seed Simona Halep of Romania 6-2, 1-6, 6-4.

Canada's last chance in the women's draw of the ATP-WTA tournament now rests with Aleksandra Wozniak. The player from Blainville, Que., was scheduled to face Australian Open champion and top seed Li Na later Tuesday.

THE CANADIAN PRESS

Hungry four more

"I'll go four more years.... I never stopped getting better every year in my career, so I want to see how far I can go."

Speed skating star Charles Hamelin who at age 29 says he wants to compete at the 2018 Olympics in South Korea

Police find Toronto OHLer's body in SUV

A body matching the description of Terry Trafford was found on Tuesday in Saginaw Township, Mich. COURTESY OHL IMAGES

Officials with the Saginaw Spirit say Michigan State Police have told them that the body of missing hockey player Terry Trafford has been found.

A man's body was found Tuesday afternoon in an SUV matching the description of one belonging to Trafford in the parking lot of a Walmart store in Saginaw County's Saginaw Township.

Trafford was reportedly last seen about 9:30 a.m. on March 3 at the Dow Event Center, the home arena for the Spirit.

In a statement on the Ontario Hockey League team's website, the Spirit offered condolences to Trafford's family and friends.

Saginaw Spirit president Craig Goslin had said Trafford was sent home prior to his disappearance "for a violation of rules," but said Trafford wasn't permanently cut from the team.

At one point in the search, police said they believed Trafford, a centre with the Spirit, might have left the state to return to his hometown of Toronto.

OHL commissioner David Branch issued a statement expressing condolences to Trafford's family and friends, saying it's "a tragic situation for all involved."

He thanked police for their efforts, and said the league will co-operate with any investigations into Trafford's death.

The league said Wednesday's game between the Spirit and the Sault Ste. Marie Greyhounds has been postponed, and will be rescheduled at a later date. THE CANADIAN PRESS

Through rain, snow and sledge in Sochi

Paralympics roundup. Canada's perfect sledge hockey record stays intact, Arendz battles for bronze in biathlon

Greg Westlake scored the game's only goal while Corbin Watson made seven saves for his second straight shutout Tuesday as Canada defeated the Czech Republic 1-0 in sledge hockey at the Sochi Paralympics.

Westlake broke the scoreless tie at 7:33 of the second period, ripping a shot upstairs from in tight for his second goal of the tournament.

Canada had a number of chances to extend the lead but was forced to hang on late as the Czechs made one final push in the dying seconds.

"They're a big team. They're physical," said Westlake. "They've got a lot of men on their team."

Canada has surrendered just one goal on 18 shots through three round-robin victories while outscoring its opponents 15-1.

"It was a fun game to play and it was a necessary game to play because we get better and we needed a team to push us going into the medal round," said Westlake.

Canada clinched first place in its pool and will take on the United States in one of Thursday's semifinals.

The Americans, who won gold four years ago in Vancouver, dropped a hard-fought 2-1 decision to the host Russians earlier Tuesday to finish second in their group.

Russia will meet Norway in the other semifinal.

Elsewhere on Tuesday, biathlete Mark Arendz battled pouring rain and dense fog to win a bronze medal in the men's 12.5-kilometre standing category.

He finished in 30 minutes 31 seconds. Russia's Azat Karachurin won gold in 29:30.0 while Norway's Nils-Erik Ulset captured silver.

"To get a medal is awesome and that was the goal," said Arendz.

Arendz's medal was Canada's seventh so far in the competition (one gold, two silver, four bronze).

Host Russia continues to lead with a whopping 34 medals, 23 ahead of second-place Ukraine. Canada and the United States are tied in third.

Arendz, who shot 19-of-20, said the poor visibility made the race extra challenging.

In para-alpine skiing, Braydon Luscombe of Duncan, B.C., was the top-placing Canadian, finishing second in the standing division with a time of 52.17 seconds. Josh Dueck of Kimberley, B.C., placed fifth in the sitting category in 59.93 seconds.

Standing athlete Kirk Schornstein of Spruce Grove, Alta., was 17th and Mac Marcoux of Sault Ste. Marie, Ont., and guide Robin Femy of Mont-Tremblant, Que., did not finish their run in the visually impaired category.

In the women's slalom, standing skier Calgary's Alexandra Starker was the top-placing Canadian in 1:06.59. Toronto's Erin Latimer was eighth.

In wheelchair curling, Canada improved to 5-1 and moved into a first-place tie with Russia with an 8-5 victory over China.

THE CANADIAN PRESS

Mark Arendz of Canada races to a bronze-medal finish in men's biathlon at the 2014 Paralympic Games in Sochi, Russia, on Tuesday. RONALD MARTINEZ/GETTY IMAGES

Firing blanks

"We had some scoring chances; there was just no finish." **Team Canada sledge hockey coach Mike Mondin** explains his team's trouble getting goals on Tuesday

Soccer

Exec's trial upstages Bayern win

Club president Uli Hoeness' trial overshadowed a subdued performance as Bayern Munich drew 1-1 with Arsenal to reach the Champions League quarterfinals with a 3-1 aggregate win from the round-of-16 on Tuesday.

With his trial for alleged tax evasion grabbing the headlines in Germany, Hoeness attended the game and was probably glad the spotlight left him, albeit temporarily.

"Good luck to Bayern. They're a good side but this side is more vulnerable than last year's," Arsenal coach Arsene Wenger said.

Bayern captain Philipp Lahm acknowledged Hoeness' trial was in the players' minds.

"Of course it's also an issue within the team," Lahm said.

In the night's other game, Diego Costa scored twice to lead Atletico Madrid to a 4-1 win over visiting AC Milan for a 5-1 aggregate victory. Atletico reached the quarterfinals for the first time since 1997.

Arsenal needed at least two goals but barely threatened in the first half. The home side enjoyed the lion's share of possession and worked quickly to recover the ball after losing it.

THE ASSOCIATED PRESS

Beating the butterflies against Bautista

Toronto right fielder Jose Bautista talks with members of Canada's national junior baseball team at Al Lang Field in St. Petersburg, Fla., on Tuesday. The Jays beat Canada 12-2. NEIL DAVIDSON/THE CANADIAN PRESS

Bases loaded in the first inning, none out and Toronto Blue Jays slugger Jose Bautista at the plate.

A recipe for disaster for most pitchers. Especially a teenage thrower.

But it turned into a day to remember for 17-year-old starter Ben Onyshko, who managed to hold Bautista and his $14-million US annual salary to a sacrifice fly. The Winnipeg native got out of the inning without further damage and yielded just two runs on four hits over his three innings for the Canadian junior baseball team.

"The experience of a lifetime," Onyshko said after leaving the game tied 2-2.

The young Canadians took it on the chin after that. A Toronto Blue Jays split squad rallied for three runs in the fifth inning, four in the seventh and three in the eighth en route to a 12-2 victory over the Canadian juniors Tuesday under the sunshine at Al Lang Field.

Onyshko, who has accepted a scholarship to Stetson University, said he tried to just focus on the task at hand in the first when Bautista came to the plate after two walks and a Moises Sierra single.

"It was surreal," said Onyshko."I was scared for a split second when he (Bautista) hit the ball. Once I was able to get that first out, I think things started to roll a bit better. I settled in."

Onyshko, who recorded one strikeout, had his parents and sister looking on in the stands.

Jays starter Brandon Morrow, not helped by a Colby Rasmus error, gave up two runs on four hits. He struck out two and walked three.

Morrow was followed by Sergio Santos, Steve Delabar and Aaron Sanchez.

THE CANADIAN PRESS

A day to remember

"I've got to admit my mind was racing a little bit." **Canadian pitcher Ben Onyshko** on facing Toronto slugger Jose Bautista

Canada's junior team

The team plays in the fall instructional league against young major-league talent before their spring series in Florida in March and April.

- **The opposition.** This year's opponents also include teams from the Atlanta Braves, Philadelphia Phillies, Pittsburgh Pirates and Washington Nationals.
- **Baseball worlds.** Canada's schedule is built around a qualifying tournament in Mexico in September for the 2015 world junior championships in Japan. Canada is bidding to become one of the four teams to emerge from the Americas.

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Nissan's lovable Rogue for 2015

PHOTOS: WHEELBASEMEDIA.COM

Review. Quality weather versatility, good value and NASA-inspired seats will win you over

MALCOLM GUNN
wheelbasemedia.com

It's cold out here. Like, -20 C, with blowing snow and darkening skies in the heart of Quebec's Laurentian mountains just north of Montreal. And here we are, sampling Nissan's 2014 Rogue compact wagon.

The second-generation Rogue follows a pattern established by the original 2008 model-year version. Although a Nissan success story, the Rogue is kept at bay by the league-leading Honda CR-V, Ford Escape, Toyota RAV4 and Chevrolet Equinox. For 2014, the Rogue has upped its game with more distinctive styling, more comfortable and practical seating arrangements and improved fuel economy. They constitute basic motherhood issues for this segment that absolutely factor into the purchasing-decision process.

At the opposite end, the rear window and side glass are squared-off and the taillights are enlarged and repositioned above the fender line for improved style and visibility.

What isn't visible is the Rogue's all-new platform that's developed with Nissan's cross-ownership partner Renault. The Rogue's dimensions actually vary little from the original architecture, with just a 1.5-centimetre stretch between the front and rear wheels and similarly small increases in width and body height.

Inside, Nissan increased the Rogue's load capacity by about 20 per cent and interior volume has risen by about 10 per cent.

Nissan now offers a third-row seating option for the Rogue, which makes it the only small ute in its class outside of the Mitsubishi Outlander with the capacity to transport up to seven passengers.

Access is secured by sliding the split-folding second-row bench forward up to nine inches, but as with most three-row arrangements it's best to position only smaller folks in the back row for short journeys. The remaining restyled cabin area is a place of comfort and joy, especially the restyled dash/control panel layout and the NASA-inspired "Zero Gravity" front seats. They really do the trick on extended trips. Returning is a 175-horsepower 2.5-litre four-cylinder engine. It's connected to a continuously variable transmission (CVT) that now performs more like a traditional automatic in operation and performance. A redesigned belt and pulley system plus a sport-mode switch for the driver sharpens transmission operation and throttle response. Various traction and control aids make winter tripping tolerable. The $2,000 all-wheel-drive option—a must-have for snow-bound buyers—redirects engine torque from the front to the rear, or to individual wheels, as necessary. The AWD can also be locked in 50/50 mode (front/back) at speeds below 40 km-h.

Other safety and comfort systems can be brought into play on the Rogue, such as Active Ride Control that uses the brakes and engine torque to help smooth rough-road jounces, Active Trace Control that applies the inner or outer brakes as needed for more directionally precise cornering and Active Engine Braking that automatically reduces engine torque to help slow the vehicle while you're using the brake pedal. Options include a power-adjustable driver's panorama sunroof and a leather interior and a navigation system, which of course inflates the Rogue's $25,100 base price but allows buyers to take the luxury route whether heading to and from work, or heading outdoors for some cold-weather fun.

2015 Nissan Rogue

- **Type.** Four-door, front- all-wheel-drive compact wagon
- **Engines (hp).** 2.5-litre DOHC I4 (170)
- **Transmissions.** Continuously variable (CVT)
- **Base price (incl. destination).** $25,100

Fuel economy

The improved CVT helps bump fuel economy to 7.9 l/100 km in the city and 6.0 on the highway (8.2/6.2 for AWD models), compared to 9.0/7.0 for previous Rogues (9.6/7.7 for AWD).

Engine

Visually, the Tennessee-built Rogue swaps out its Murano-like egg-carton grille for one that's a whole lot bolder. It's part of a new front end with added folds and creases for the hood and fenders, an enlarged lower air intake and fancy jewel-like headlight pods ringed with standard LED (Light Emitting Diode) running lights.

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Test passed

The Regal proves to be a steady, stable performer on some typical (for the region) snow-packed roads.

Although we're here to test the competency of the Buick Regal AWD, it's also a pretty car with a hunkered down stance. That's an ice-fishing shack, if you didn't know.

"We wanted to go someplace were we would be virtually guaranteed to experience winter conditions."
Right, then.

Katie Bjoerk of Buick explains why we're traveling the slippery back roads near Montreal, Quebec, alongside the frozen Ottawa River. The car is a 2014 Regal GS equipped with all-wheel-drive.

It's mid-February and it will be another six to eight weeks before the river ice is completely gone. By then a ferry will have replaced the ice "bridge" (in reality just a clean sheet of glassy ice that's maintained by the ferry owner during the winter). The cost of passage — $6.50 — is the same whether you cross on ice in the winter or over water in the summer.

It seems a bit extreme, but winter testing is a necessity. Really cold weather is tough on a drivetrains, brakes, electrical systems and related components. It's especially critical that they pass muster on any new model before it enters full production.

It's a growing trend to invite auto writers from all over North America to visit these frozen climes to closely examine (as in beat up on) all-wheel-drive systems. Product demonstrations involve subjecting vehicles to the kind of rigorous driving that most owners would never attempt on their own, simply because they can't go out of bounds in real-world driving.

In the past few weeks, no fewer than four automakers have organized such events in the Montreal region. In fact a couple of tracks that are used for motocross, drag racing and go-karting now cater to such manufacturer-sponsored gatherings.

Their specially groomed facilities provide a way to explore AWD capabilities in ways that would be impossible to do on public roads.

Bjoerk has arranged Buick's sub-zero field trip to demonstrate the capabilities of the Regal's new all-wheel-drive system that has been added to the option sheet for 2014.

The Regal proves to be a steady, stable performer on some typical (for the region) snow-packed roads. Its road holding is helped by the electronic intervention hardware, along with a set of super-grippy Michelin snow tires. Quebec's enlightened transportation authority has made snow tires mandatory during the winter months and for good reason. Mother Nature can be downright cruel and conditions dangerous at this time of year.

The weather is miserable at the ICAR track for the test trials. The temperature is somewhere around -25 C and strong northerly gusts make it feel much colder. In other words, it's Bjoerk's idea of perfection.

A half-dozen or so Regal GS AWD models are on hand and have been thoughtfully prewarmed. The test schedule includes a single and figure eight skid pad (more accurately, a slide pad), a slalom course, a short, but twisty road course with blind turns (thanks to high banks of plowed snow) and a timed loop to test the driver's mastery of winter conditions.

The GS is fully qualified for the proceedings. The car is a hefty 1,800 kilograms, yet it feels surprisingly light on its feet, thanks to its new turbocharged 2.0-litre four-cylinder engine that makes 259 horsepower and 295 pound feet of torque. The power is impressive, but at Le Circuit ICAR it's all about traction and finesse; here, both will get a workout.

The AWD apportions 90 per cent of the available torque to the front wheels under normal driving conditions. But when loss of traction is detected it can reverse the front-to-back torque and vary it from left to right at the rear wheels, which helps to guide the car precisely through a corner.

The AWD is assisted by the Regal's limited-slip differential (LSD) and traction/stability controls to reduce skids and spins. When both systems are in play, the Regal can maneuver around the slide pad and track with aplomb.

Even so, they can't override the laws of physics and aggressive driving is frequently rewarded with a grille full of snow bank.

The contrast comes with both the LSD and the traction/stability controls turned off. At that point the Regal becomes nearly impossible to steer, stop, or even gain any forward momentum over ICAR's super-slick surfaces. Since you can't mess around on public roads to fully explore the limits, or lack thereof, the experience here is proof that modern electronics actually work. And that's the point.

Hot times in the snow

2014 Buick Regal GS AWD

- **Four-door mid-size sport/luxury sedan**
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How Nissan can keep the Micra so cheap

Driving Force. The new model is less than $10k and is Canada's least expensive car, but how does the Japanese automotive giant do it?

JIL MCINTOSH
Drive@metronews.ca

The new Nissan Micra will be Canada's least expensive car. BOTH IMAGES PROVIDED

Nissan managed to keep the price as low as $9,998.

Earlier this year at the Canadian International Autoshow in Toronto, Nissan announced that its newest model, the Micra, will go on sale starting at just $9,998. But how can a company keep the price so low?

"It's all based on what costs we can deal with," says Christian Meunier, president of Nissan Canada. "We have to minimize the expense structure to launch the car, and make sure that all the dollars we put into the margin are optimized for the dealers to make money. It's a very tight and structured way to go to market, and there is little room to fail."

The materials that go into each car make up a relatively small portion of the budget. Instead, most of the cost is in development and overhead. It can cost as much as $1 billion to design, test, and create tooling for a completely new engine or transmission, while each factory's utilities and labour costs are constant no matter what size vehicle is being built. As many vehicles do, the Micra shares its platform with several other models worldwide, ultimately amortizing these development costs across one million cars each year.

"We can bring in a car with that price point and still be profitable," Meunier says. "There are a lot of economies of scale." However, while the Micra is already sold in several other countries, there are added costs in introducing it here. "It's tailored to Canada for the road conditions, suspension, steering, the structure of the seats, and the heater ducts to the rear," Meunier says. The car must also be tested for Canadian safety and fuel efficiency regulations.

Facts

- **Taking on the used market.** Value-priced cars compete not just against other new cars, but against used ones, where their warranties and financing can have an advantage.
- **Most popular with ...** Quebecers traditionally buy the majority of entry-level hatchbacks in Canada, especially with manual transmissions.
- **Comparison** Canadians buy more compact cars, while Americans buy more mid-size cars, but the Ford F-Series pickup is the highest-selling single model in both countries.

Such costs are normally shared with the company's U.S. subsidiary when a vehicle will be sold in both countries, but since the Micra will only be offered here, Nissan Canada will bear all of the expenditure.

Even the wheels have a Canadian consideration: while global Micras have smaller ones, ours will have 15- or 16-inch wheels, since smaller-diameter winter tires are difficult to find.

When bringing in a new model, automakers also have to be very careful about how it fits in with existing vehicles. If it's too close to another in size, pricing, or features, it could steal sales from it, or conversely, customers could bypass it in favour of a model that offers a lot more for only a slightly higher price. In the Micra's case, Meunier had to ensure that it could be competitive alongside the Versa Note, currently Nissan's smallest hatchback.

"We want (the two combined) to sell a lot more than the Note was selling alone," Meunier says. "It's a very tight and structured way to go to market, and but it's a very comprehensive business case that we've put together."

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Retail ready fuel-cell cars just 18 months away

Clean process. Toyota's new concept creates electricity to power an electric motor using hydrogen and oxygen from the air

AUTO PILOT
Mike Goetz
drive@metronews.ca

Under the skin of Toyota's latest concept vehicle, the FCV, are fuel-cell components destined for actual production vehicles. BOTH IMAGES PROVIDED

The ultra futuristic-looking hydrogen tank in place.

Fuel-cell vehicles have always had an aura of science fiction about them, even though the science has been around since 1850 or so, when Sir William Grove first mused about generating electricity by exploiting how electrons hold water together.

Don't worry, this will not be a science lesson.

Science and I stopped being friends in grade nine, when I wondered how the mild acid in a glass beaker would fair in a Styrofoam cup, and the acid ate the Styrofoam cup, and the finish on the desk, and the finish on the floor, and caused Mr. Ramsey to be very ill-tempered with me.

I guess the vague science fiction feel comes from the notion of something could be a "fuel" — in this case hydrogen — yet only produce water as an "emission." It doesn't sound natural, in our lives so used to, and tied to, the combustion-ing of petrochemicals.

The only thing I want to say today about fuel cell vehicles is how close they are to actually being a fully retail product. Hyundai, Toyota, Honda, BMW and Mercedes-Benz have all officially announced intentions to have "retail ready" fuel-cell vehicles in showrooms within 18 to 24 months, depending on the market.

Two years goes by fast. It's already been three years since Charlie Sheen was last seen on Two and a Half Men.

The manufacturers are deep into testing the actual fuel-cell components we will see on these retail units. No more going back to the drawing board for another blue-sky concept. Toyota's fuel-cell test mule, for example, has been raking up miles in North America for over a year now, including a deep freeze stint in Yellowknife.

Off course, we still need a hydrogen re-fueling infrastructure, and that is not progressing along swimmingly. In fact, right now there is not one publicly accessible hydrogen station in all of Canada, and no immediate plans to build any amount.

But say we overlook that alarming impediment and say fuel-cell vehicles will be a major force in the next few decades — because now it's time to look beyond fuel-cells. Yes, fuel cells are barely here, or more correctly not even here yet — but don't we need to know what will be the next big vehicle propulsion thing, after fuel cells?

Yes we need to know, but details are sketchy.

There doesn't seem to be one imminent and/or dominate science or technology currently poised to add to the list of major ways vehicles have been driven. So far on the timeline there is steam, electricity, the internal combustion engine using various petrochemicals, more electricity, and fuel-cells using hydrogen.

Maybe quantum physics will figure in somehow. There is some discussion about a quantum propulsion machine. I'd explain it, but I'd have to understand it first, and that's not going to happen.

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Excludes other GM brands. ¥¥2014 Chevrolet Equinox FWD equipped with standard 2.4L ECOTEC® I-4 engine. Comparison based on Natural Resources Canada's 2014 Fuel Consumption Guide. ††2014 Equinox LTZ FWD, MSRP with freight, PDI & levies $37,539. Dealers are free to set individual prices. †Based on GM testing in accordance to Government of Canada test methods ‡‡Offers valid for delivery dates between March 1st and March 31st, 2014; participating lenders are subject to change. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank or RBC Royal Bank for up to 84 months on an eligible new or demonstrator 2014 Chevrolet Cruze, Sonic, Camaro (excludes Z28), Silverado HD 2500/3500, Tahoe and Suburban. Terms vary by model. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. 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See dealer for details

Luxury Q7 loved for all-season confidence

Second gear.
2007-2013
Audi Q7

JUSTIN
PRITCHARD
drive@metronews.ca

PHOTO: BRIAN EARLY

Audi's shot at the BMW X5, Mercedes ML and comparable luxury crossover models is called the Q7. Launched in 2007, it packed standard Quattro AWD technology and a lengthy list of creature comforts, connectivity technologies and world-class luxury features including premium audio, climate controlled seats, a panoramic moonroof, voice-command, navigation, a full multimedia interface, push-button start and more. Engine choices initially consisted of a 3.6 litre V6 or a 4.2 litre V8, though a smaller, supercharged V6 and TDI Clean Diesel V6 hit the options roster later in the Q7's life. All models were automatic, and various trim grades, options and packages provided plenty of opportunity for customization.

Common issues

Some owners, and especially those who don't drive their Q7 on a daily basis, say that various systems can get 'fussy' when the battery voltage drops after a few days of sitting. Consider a trickle charger for your new-to-you Q7 if you won't be driving it often. On models with the 3.6 litre V6, be sure to have the computer system scanned for any stored trouble codes related to engine misfire, which is somewhat common and likely caused by a faulty injector or ignition coil. Have the underside of the used Q7 you're considering checked for signs of oil leaks, worn-out suspension components and worn-out brakes by a mechanic for maximum peace of mind. On models with the panoramic moonroof, be sure to thoroughly inspect the cabin carpeting in both front footwells for signs of moisture, odor or mildew which could indicate a leak. A leaky moonroof in the Q7 could cause water to leak onto electrical connectors and fuse panels, leading to a world of problems. Other checks should include proper operation of the tailgate, the MMI system, the Bluetooth and the parking radar system, if equipped. If possible, avoid used models with the air suspension system, which can be pricey to repair if and when it wears out.

What owners like

Q7 owners rave about wintertime traction, a fantastic ride, and feeling fully 'backed up' when road conditions are at their worst. The up-level audio system and the overall high-quality look and feel throughout the Q7 are highly rated too. Performance from the V8 and supercharged V6 engines are common praise points.

What owners dislike

Complaints include the initial learning curve to the MMI central command interface, the lengthy wheelbase, which can make parking a challenge, and the fuel consumption on some models.

Like most luxury crossover SUV's, the Audi Q7 will appeal more strongly to shoppers after looks, pedigree and a world-class driving experience than those after low running costs and total sensibility. Seeking out a Q7 from an Audi dealer's Certified Pre-Owned (CPO) program is ideal for maximum confidence.

Wednesday, March 12, 2014

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Horoscopes

♈ Aries
March 21 - April 20
The Sun in Pisces at this time of year can make you emotional and you will find it hard to hide your feelings today. Why would you want to? Honesty is essential in all situations.

♉ Taurus
April 21 - May 21
What comes to light in an unexpected manner today will most likely improve your bargaining position. It will also remind you that you have friends you can count on.

♊ Gemini
May 22 - June 21
Fight for your rights today, no matter how overwhelming the odds may be. Actually the odds are not nearly stacked against you to the extent you believe. Rivals are as scared of you as you are of them.

♋ Cancer
June 22 - July 23
The more others say you can trust them today, the more cautious you should be. In any negotiations you must get promises in writing at every stage. If you don't, they will likely turn out to be worthless.

♌ Leo
July 24 - Aug. 23
You know what to say and do to win friends and relatives to your way of thinking. Whether your way of thinking is correct is another matter entirely — but since when do Leos worry about things like that?

♍ Virgo
Aug. 24 - Sept. 23
A positive outlook in the face of adversity is essential. Because Virgo is a sign that gets caught up in details, you have a tendency to think it's the end of the world when little things go wrong.

♎ Libra
Sept. 24 - Oct. 23
A plan that has been in a state of limbo since the start of the year will begin to move forward again today. Don't try to do everything at once though. You'll catch up.

♏ Scorpio
Oct. 24 - Nov. 22
If you do anything to excess between now and the full moon on the 16th you will regret it, so tone down your act and don't try so hard to impress friends or co-workers.

♐ Sagittarius
Nov. 23 - Dec. 21
You have no doubts and no reason to believe you will not succeed at the tasks you have set yourself. Rivals may try to derail your plans over the next few days but they won't come close to succeeding.

♑ Capricorn
Dec. 22 - Jan. 20
Keep options open over the next 24 hours, especially in dealing with co-workers. Because their plans are likely to change you may have to change too. If you're flexible, you will be in the money.

♒ Aquarius
Jan. 21 - Feb. 19
Make an effort to stand above petty battled. It may look as if the world is going to hell in a handcart but that's only because you are taking too narrow a view of events.

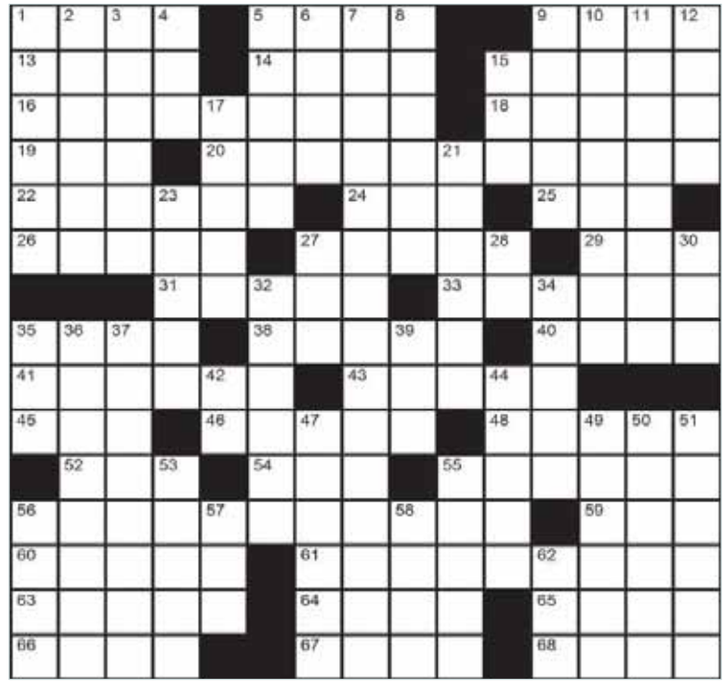
♓ Pisces
Feb. 20 - March 20
You need to raise your game. A week or so from now the Sun will move out of your birth sign, after which it may not be so easy to get things done. Don't aim just to be better, aim to be the best.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



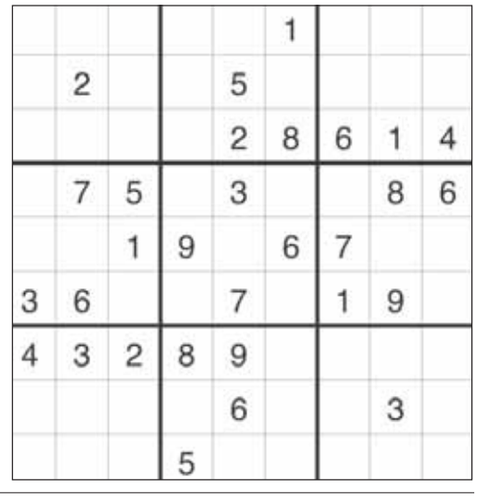
Across
1. __ Sanctorum
5. Vents
9. Purina rival
13. Benefit
14. Lovestruck, olde-style
15. Offshoot
16. Self-esteem issue: 2 wds.
18. Uncle's wife [var. sp.]
19. 'Pay' suffix
20. Canadian actor Matt Frewer played the computerized title character on this late-'80s series: 2 wds.
22. Group of four
24. Cable channel
25. High sch. math
26. Wooded
27. Inexpensive
29. Dawn goddess
31. Musical pace
33. 007's Ms. Andress
35. La Boheme role
38. Sicily's volcano, belonging to it
40. Caesar's 2,550
41. Highlight
43. Finale
45. Dog breed
46. Humdinger
48. Q. "How do you say 'West' in French?" A. "It's either 'Ouest' __ '__', I think."
52. Ms. Vardalos
54. Bruins legend Bobby
55. 24 hr. banker cost: 2 wds.
56. "Sherlock" star Benedict __, on Showcase
59. Mon.'s French equivalent
60. Mr. Welles
61. Nicknamed health plan always mentioned on American news
63. "So _ __ a song of love, Julia." - The Beatles
64. Movie beekeeper
65. "Now!"
66. Require
67. Fam. members
68. 'Special' suffixes

Down
1. John __, Prime Minister who is Christopher Plummer's great-grandfather
2. Beverage 'box'
3. Until now: 2 wds.
4. "__ questions?"
5. Equally irked: 2 wds.
6. Jumbo-sized movie presenter
7. The __ __ Stephen Harper
8. Sam __ (Famous officer of the North West Mounted Police)
9. Honda car
10. Flooring choice
11. Leprechaun's treasure, __'__
12. 'Pseud' suffix
15. Unhappy
17. "Drats, _ __ a mistake."
21. "Rebel Without _ __" (1955)
23. Fix, as shoelaces
27. Mil. rank
28. Media company dept.
30. Mr. Mineo
32. Shooting star
34. Faux compliments-giving
35. Blueprint
36. Medical job on Global drama "Remedy": acr. + wd.
37. Danielle __, Senior Reporter on CTV's "etalk"
39. Li'l quantity
42. Fredericton's prov.
44. Saxe-Coburg-__ (British monarchy's pre-Windsor name)
47. Shady tree retreat
49. _ __ (Some music notes)
50. Pointillist painter, Georges __
51. Principles
53. Form _ __ (Grow close)
55. Pinnacles
56. Nickel
57. Manchester, __.
58. Weight unit in China
62. Show on Marg's TV resume

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

5	1	2	4	6	9	8	3	7
3	7	4	2	5	8	9	6	1
6	9	8	7	3	1	2	4	5
7	4	3	9	2	6	1	5	8
1	2	5	3	8	4	6	7	9
8	6	9	5	1	7	3	2	4
4	8	6	1	7	2	5	9	3
9	5	1	6	4	3	7	8	2
2	3	7	8	9	5	4	1	6

Today
-2°/-16°
3-5cm of snow
90%

Thursday
-8°/-12°
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PAYMENTS LIKE THEY WERE 15 YEARS AGO

2014 IIHS TOP SAFETY PICK

Optima SX AT shown△

THE NEW 2014 OPTIMA

hwy / city 100km^ 5.7L/8.9L

THROWBACK PRICING

WAS ~~$147~~

$107≠ $0 DOWN. BI-WEEKLY for the first 15 MONTHS.

6-SPEED AUTOMATIC

0% financing

Includes Variable Throwback Pricing Incentive. $107 bi-weekly payments include $1,280 Throwback Pricing Incentive. Payments are based on 2014 Optima LX AT (OP742E), financing for 84 months. After 15 months, bi-weekly payments increase to $147. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount. *

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MOTORING 2014

Forte SX shown△

THE ALL-NEW 2014 FORTE

hwy / city 100km^ 5.3L/8.0L

THROWBACK PRICING

WAS ~~$98~~

$78≠ $0 DOWN. BI-WEEKLY for the first 15 MONTHS.

6-SPEED MANUAL

0% financing

Includes Variable Throwback Pricing Incentive. $78 bi-weekly payments include $640 Throwback Pricing Incentive. Payments are based on 2014 Forte LX MT (F0541E), financing for 84 months. After 15 months, bi-weekly payments increase to $98. Throwback Pricing Incentive may be taken as a lump sum or to reduce the financed amount.*

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Rio4 SX with Navigation shown△

THE NEW 2014 RIO

hwy / city 100km^ 5.3L/7.5L

THROWBACK PRICING

WAS ~~$91~~

$68≠ $0 DOWN. BI-WEEKLY for the first 15 MONTHS.

6-SPEED MANUAL

0.99% financing

Includes Variable Throwback Pricing Incentive. $68 bi-weekly payments include $736 Throwback Pricing Incentive. Payments are based on 2014 Rio LX MT (R0541E), 60-month financing amortized over 84 months. After 15 months, bi-weekly payments increase to $91. Principal balance of $4,660 due after 60 months. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.*

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